

Information for patients on 24-hour pH measurement, impedance and/or high-resolution manometry of the oesophagus

Label

Information protocol submitted by:

Date:

Dear patient

Please read these documents immediately upon receiving them. Fill in the questionnaire, if possible date and sign the documents on the day before the examination. If you have any questions, please contact your doctor or specialist (gastroenterologist).

You have been advised to have a procedure known as a **24-hour pH measurement, impedance and/or high-resolution manometry of the oesophagus**. Before the examination you'll receive the following:

- an information leaflet
- informed consent form

Information leaflet:

On the information leaflet you can find information about the course of the examination as well as its objectives and risks. Please read this leaflet carefully.

If you have further questions about the necessity and urgency of the examination, about alternatives or any risks posed by the examination, please contact your doctor. Most of these questions can be answered by the doctor who registered you for the examination. Specific questions about the examination's technical details or specific problems can be answered by the specialist (gastroenterologist) who will carry out the procedure, if necessary. If you wish to do so, we kindly ask you to contact us or the referring doctor in good time.

Informed consent:

Please read the informed consent form through very carefully. Also date and sign it no later than the day before the examination.

The information leaflet is yours to keep.

The questionnaire and the informed consent will be kept by us in the medical files.

Aufklärungsunterlagen empfohlen durch die Schweizerische Gesellschaft für Gastroenterologie SGGSSG, die Verbindung der Schweizer Ärztinnen und Ärzte FMH sowie der Stiftung Patientenschutz SPO.

Information sheet about the 24-hour pH measurement, impedance and/or high-resolution manometry of the oesophagus

Why is a manometry of the oesophagus carried out?

Pressure measurement (manometry) tests the function of the muscles of the oesophagus. The examination is carried out on an outpatient basis and takes about 2 hours. A fine probe is inserted through the nose into the oesophagus and the function of your oesophagus is measured by swallowing some water and bread. To insert the probe, the nose is usually desensitized with a spray. After the examination, the probe is removed.

Why is a 24-hour pH measurement, impedance and/or high-resolution of the oesophagus carried out?

During this examination a continuous acid measurement (pH measurement) can be carried out over 24 hours in the gastroesophageal junction. In addition to acid reflux, non-acid reflux can also be measured. Using these measurements, a definitive statement about the presence of reflux can be made, even if it wasn't seen in the gastroscopy.

What preparations are necessary for a 24-hour pH measurement, impedance and/or high-resolution manometry of the oesophagus?

Before the examination, from midnight on, please do not eat solid food as the upper digestive tract must be free of food residue for the gastroscopy. Drinking clear, fat-free liquids (not milk) is permitted up until 2 hours before the start of the examination. You may take your regular medication. The appropriate clothing for the examination is a shirt or blouse (no tight-fitting clothes).

Important: in order for the acid measurement to be meaningful, medication that suppresses stomach acid may have to be stopped:

- **One week before the examination: Acopton, Antra, Lansoprazole, Nexium, Omeprazole, Pariet, Pantozol or equivalent generic drugs**
- **48 hours before the examination: Cimetidine, Ranitidine, Ulcidine, Zantic or equivalent generic drugs**
- **The referring physician will decide and will inform you accordingly**

What happens during a manometry of the oesophagus?

To measure pressure, a thin tube is inserted through a nostril and placed in the oesophagus. Before this, the nasal cavities are desensitized with a local anaesthetic. Insertion of the tube is therefore painless, while the choking and coughing reflex remains present and the insert may be perceived as unpleasant. By swallowing water or solid food (usually bread) the function of the oesophagus can then be recorded on a monitor and analysed. You can leave the hospital/practice after the examination.

No sleeping or pain medication is administered for the examination, so that your fitness to drive is not impaired after the examination.

What happens during a 24-hour pH measurement and impedance high-resolution manometry of the oesophagus?

A thin tube is inserted through one nostril and placed in the oesophagus. Before this, the nasal cavities are made insensitive with a local anaesthetic. The insert can thus be made painless, while the choking and coughing reflex remains present and the insert can be perceived as unpleasant. Once the probe is in place, it is taped to the nostril and must remain in this position for the next 24 hours. The pH measurements are sent to a small portable receiver that you must carry on you. After inserting the probe and installing the receiver, which takes about an hour, you will leave the hospital/practice and return the next day to remove the probe. No sleep or pain medication is administered for the examination, so that your ability to drive is not affected during the 24-hour examination. You can and even should fulfil your normal daily obligations, especially eating normal meals, so that a representative "everyday life" can be assessed if possible.

What are the risks associated with a 24-hour pH measurement, impedance and/or high-resolution manometry of the oesophagus?

The inserted probe can be experienced as uncomfortable over time (in the area of the nose, throat and oesophagus), in rare cases slight bleeding (< 0.1%) may occur in the nose, throat or even the oesophagus.

The inserted probe may interfere with your daily activities and sleep. Very rarely allergic reactions to local anaesthesia have been described.

Questions about the examination?

If you have any further questions about the planned examination, please contact your GP. If you are still unclear, contact the specialist (gastroenterologist) who is carrying out your examination.

You can contact the following doctors if you have any questions or problems:

General		Tel:
Gastroenterology		Tel:

Aufklärungsunterlagen empfohlen durch die Schweizerische Gesellschaft für Gastroenterologie SGGSSG, die Verbindung der Schweizer Ärztinnen und Ärzte FMH sowie der Stiftung Patientenschutz SPO.

Informed consent
**for a 24-hour pH measurement,
impedance and/or high-resolution
manometry of the oesophagus**

Label

Information protocol submitted by:

Date:

I, the undersigned, have read the information sheet.

I have been informed by the doctor of the reason (Indication) for the 24-hour pH measurement, impedance and/or high-resolution manometry of the oesophagus. I understand the nature, procedure and risks of the 24-hour pH measurement, impedance and/or high-resolution manometry of the oesophagus. My questions have been answered to my satisfaction.

I agree to having a 24-hour pH measurement, impedance and/or high-resolution manometry of the oesophagus

(Check the appropriate box)

yes	no
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Patient's name

Doctor's name

Place, date

Patient's signature

Place, date

Doctor's signature

For patients who cannot give consent themselves:

Legal representative
or proxy

Doctor's name

Place, date

Representative's name

Place, date

Doctor's signature

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