

Reflux Testing System

Patient Instructions



Henrico Doctors' Hospital
HCA^{VA}

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The reflux testing system provides your physician with information regarding acid reflux into your esophagus. Test results are more accurate with your help in completing a detailed diary as well as following the instructions below:

- Your physician has asked that you continue your medication during testing. Please record in your diary any medication you take for your reflux.
- Your physician has asked that you discontinue your reflux medication for this test. Please do not take any prescribed medication for the treatment of your reflux during the testing period.
- 1. You must keep the recorder within 3 feet of you at all times during the testing period
- 2. If you should forget and move outside of a 3-foot radius of the recorder you may hear beeping for 30 seconds and the icon **1** (for 48-hour procedure) or **2** (for 96-hour procedure) disappears from the screen to indicate loss of communication. Move the recorder closer to you until the beep stops and the **1** or **2** icon reappears on the screen.
- 3. You may take a bath/shower during the testing period, but the recorder **must not get wet and must remain within 3 feet of you.** Please leave the recorder outside of the shower or tub while bathing.
- 4. Please use the symptom buttons on the recorder to record your symptoms during the testing period:

SYMPTOM BUTTON	SYMPTOM ICON
	Chest Pain
	Regurgitation
	Heartburn

Symptom Button Note:

All button functions are active only when the backlight is ON. If backlight is OFF, pressing any of the enabled recorder buttons will first turn the backlight ON, but no function will yet be activated. Pressing the desired button a second time will activate the desired function.

- 5. Please remember to record all meals, drinks and snacks by pressing the Meal Button **11** once at the start of the meal and once at the end of the meal. In between the two presses, the button LED will blink until the button is pressed to mark the end the event.
- 6. You may drink whatever you like with meals and snacks (juices, soda, coffee, tea). Please drink limited amounts of plain water (not flavored) between meals and do not sip over long periods (plain water drinks do not need to be recorded). Please do not chew gum or eat hard candy during the monitoring period.
- 7. Press the Supine Button **12** once when lying down for bed and once at the end of the lying period. In between the two presses, the button LED will blink until the button is pressed to mark the end the event. **Note:** You need to record all of your up and down times – even quick trips to the restroom at night or lying down on the couch.
- 8. Please be sure to return your diary with your recorder at the end of the testing period. You should not have an MRI within 30 days from the day the reflux capsule was placed.

RETURN THE DIARY AND RECORDER TO:

PLACE: _____ DATE: _____ TIME: _____

IF YOU SHOULD HAVE ANY PROBLEMS OR QUESTIONS DURING THE STUDY, PLEASE CALL: _____

Caution: Federal law restricts this device to sale by or on the order of a licensed healthcare practitioner. Rx only.

Risk Information: The risks of the reflux testing system include premature detachment, discomfort, failure to detach, failure to attach, capsule aspiration, capsule retention, tears in the mucosa, bleeding, and perforation. Endoscopic placement may present additional risks. Medical, endoscopic, or surgical intervention may be necessary to address any of these complications, should they occur. Because the capsule contains a small magnet, patients should not have an MRI study within 30 days of undergoing the reflux test. Please consult your physician for further information.

Visit henricodoctors.com/acidrefluxstudy to watch a video on how to use your recording device.