

## **Your child is having a pH Study Some Questions Answered**



**THE ADELAIDE &  
MEATH HOSPITAL, DUBLIN**  
INCORPORATING  
THE NATIONAL CHILDRENS HOSPITAL

### **What can my child eat during the study?**

- Milk or milky products such as formula or yogurts should be avoided during the study as these may reduce the amount of acid and therefore give a false result.
- Instead we ask you to encourage your child to drink apple juice .
- Otherwise your child may eat as normal.

### **What if my child is fed through a Percutaneous Endoscopic Gastrostomy (PEG) tube?**

If your child is fed through a PEG feeding tube then your child's regular feed will be substituted with a suitable replacement feed while the study is in progress. Regular PEG feeds may reduce the amount of acid in the stomach and give a false result.

### **What if my child is breast fed?**

- Babies who are breast fed cannot receive breast milk during the study as this may reduce the amount of acid in the stomach and give a false result.
- Replacement feeds of Rapolyte will be provided.
- Breast feeding mothers will be provided with support and lactation facilities during their child's stay in hospital.

### **What happens when the study is finished?**

- The next day, when the study is over, the computer will be disconnected from the tube.
- If the study has been successfully recorded the tube is then removed.
- Your child can then eat and drink as normal.
- If there are no other tests booked for your child he/she may go home.

### **How do we get the results of study?**

- The results of the pH study will be forwarded to your child's consultant usually within a week.
- If the test is positive a prescription for medication may be given.
- If your child's referring doctor is not available or your child has been referred from another hospital you may receive the result at your next outpatient appointment.

### **What if I have more questions or want to cancel the appointment?**

**If you are unable to attend please contact the medical secretary at 4142188 so that this appointment can be offered to another child.**

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## What is pH study?

- A pH study is carried out to see if your child has gastro-oesophageal reflux (GOR). It measures the severity of the gastro-oesophageal reflux and tells us what treatment may be necessary.
- Gastro-oesophageal reflux occurs when acid contents from the stomach travels up into the oesophagus.
- The oesophagus is the tube that takes food from the mouth to the stomach.
- The juices of the stomach are acidic. Repeated reflux of stomach acid can cause your child's oesophagus to become red and inflamed. This can cause heartburn, nausea and vomiting.
- Your child will have a small soft tube passed up through his/her nose and down the back of their throat into the oesophagus.
- The Ph study can take up to 24 hours to complete. Your child will have to stay in hospital overnight.

## What should we do before the study?

- **10 days** before the study discontinue Losec (Omeprazole) Zoton (Lansoprazole) or Nexium (Esomeprazole).
- **2 days** before the study discontinue Tagamet (Cimetidine) or Zantac (Ranitidine).
- **24 hours** before the study discontinue antacids eg. Gaviscon

## On the morning of the pH study

- Contact the ward at 8:30am to check if bed is available.
- Your child can have a light breakfast of cereal, toast and juice at 9:00am. He /she must fast after this until the nasal tube has been inserted.
- Come to the ward at 11:00 for admission.
- The study will be explained to you and your child. Any questions you may have will be answered.
- You will be then asked to sign a consent form giving permission for your child to have the pH study.
- Your child's height will be measured before the test so that we can work out the length of the tube to be inserted.

- The tube will be passed on the ward. A soft gel is placed on the end of the tube and this along with a drink of water helps the tube to slide down more easily.
- Passing the tube may be uncomfortable for the child. Your child may sneeze, cough and occasionally vomit while it is being passed. These symptoms settle as soon as the tube is in place.
- Once the tube has been inserted it will be taped to your child's cheek and stay in place for the duration of the pH study.
- The end of the probe is attached to a very small computer which records the study.
- We will put mittens on the hands of younger children and infants to prevent them pulling out the tube.
- A chest x-ray will then be done in the x-ray department to check if the tube is in the correct place. Once it is confirmed that the tube is in the correct position, your child may eat.
- During the study you will be required to record your child's sleeping and eating activities on a chart provided.
- During the study your child may move around as normal and attend the playroom on the ward.