Wireless pH Monitoring Recorder Instructions

About this test

The goal of this pH study is to track how often stomach acid comes up into your esophagus during your normal daily activities and whether it matches any symptoms you have.

- Your test will last 72 hours.
- For 90% of people, the capsule falls off of the esophagus in 5 to 10 days and leaves the body in a bowel movement. For the other 10% of people, it falls off within 30 days.
- Some people may feel like something is stuck in their chest, which is the capsule. The feeling is normal and will go away when the capsule falls off into the stomach. Some people will also have some mild discomfort.
- **DO NOT have an MRI for the next 30 days.** If **needed, an** X-ray can determine if the capsule is still in your body.

During your test

Daily routine

- **Do not take your acid reflux medicine or antacids during the testing period**.
- Keep your usual daily routine, including eating, drinking, working, and exercising. Do not do any high intensity activity.
- Avoid taking constant sips of water or any drink.
- Try to stay close to your normal diet, but avoid eating hard, dry, or bulky food (such as rice, bagels, or peanut butter). Take smaller bites and chew your food well. Bread should be moist and meat cut into small pieces.
- Do not chew gum or suck on hard candy.

Using the Recorder

- Keep the recorder within **10 feet** of your chest at all times.
- If the signal from the capsule is lost (the recorder beeps and displays no signal), move the recorder closer to your chest to reset the signal.
- You may shower or bathe during the test. Keep the recorder in a safe, dry place within 10 feet of you. **Do not get the recorder wet.**
- For a low-battery alarm, the recorder will beep and display low battery. While this is unlikely, replace the batteries as quickly as possible. If not, the recorder will turn off in 1 hour.
- Check that the recorder is blinking blue. If it stops blinking, contact your healthcare provider.

Recorder Buttons

Record your meals, activities, symptoms, and their start and stop times using the recorder buttons.



Meal button: Record all meals, drinks, and snacks by pressing the Meal Button at the start of the meal, and again at the end of the meal.

Supine (lying down) button: Press this button once when you lie down for bed and again when you get up. Record all up and down times, even quick trips to the restroom at night or lying down on the sofa.

Heartburn button: Press this button once when you have heartburn, but do not press more than once in 10 seconds.

Symptom button: _____
Press this button once for each time you have this symptom, but do not press more than once in 10 seconds.

Symptom button: _____
Press this button once for each time you have this symptom, but do not press more than once in 10 seconds.

To learn more, watch **How the alpHaONE test works: Patient Video** by scanning the QR code with your smartphone or tablet camera.

Patient Diary

If you forget to press the button for any meals, lying down or symptoms, use the patient diary on the next page to record these.

When your test is over

- After the 72 hours are over, the recorder will say that the study is complete and may turn off.
- Return **your recorder** and **patient diary (if used)**:

  In Person: Bring it to the check-in desk of the Endoscopy waiting area. You do not need to register again.

  - or -

  Use the prepaid UPS box you were given and bring it to a local **UPS store** — not to a United States post office (USPS).

  Please return these as soon as possible so the information can be given to your doctor.
- After your test is done, you may go back to taking acid reflux medicine and antacids, according to your doctor's instructions.

Patient diary

If you miss pressing the buttons for meals, lying down, or symptoms, use this diary to write down the times for each.

Date	 Meal start	Meal stop	 Lying down start	Lying down stop	 Heartburn	 _____ Symptom	 _____ Symptom

This resource is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.

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