Enstriksyon pou Anrejistrè Siveyans pH San Fil

Konsènan tès sa a

Objektif etid pH sa a se swiv konbyen fwa asid lestomak monte nan ezofaj ou pandan aktivite nòmal ou chak jou epi si sa koresponn ak nenpòt sentòm ou genyen.

- Tès ou a ap dire 72 èdtan.
- Pou 90% moun yo, kapsil la dekole nan ezofaj la nan 5 a 10 jou epi li soti nan kò a pandan yon poupou. Pou lòt 10% moun yo, li dekole nan 30 jou.
- Gen kèk moun ki ka santi tankou gen yon bagay ki kole nan pwatrin yo. Se kapsil la ki lakòz sansasyon sa a. Santiman sa a nòmal epi li ap disparèt lè kapsil la dekole epi li tonbe nan lestomak la. Gen kèk moun ki ap gen yon ti malèz lejè tou.
- **PA fè yon egzamen imajri pa rezonans mayetik (Magnetic Resonance Imaging, MRI) pandan 30 jou k ap vini yo.** Si **sa nesesè, yon** radyografi ka detèmine si kapsil la toujou nan kò ou.

Pandan tès ou a

Woutin chak jou

- **Pa pran medikaman ou pou refliks asid ni antiasid pandan peryòd tès la**.
- Kontinye woutin nòmal ou chak jou, tankou manje, bwè, travay ak fè egzèsis. Pa fè okenn aktivite ki gen gwo entansite.
- Evite pran ti gòje dlo oswa nenpòt bwason san rete.
- Eseye kontinye manje jan ou konn manje nòmalman, men evite manje ki di, sèk oswa ki gen gwo volim (tankou diri, pen begèl oswa manba). Pran pi piti mòso epi moulen manje ou byen. Pen an dwe imid epi vyann lan dwe koupe an ti moso.
- Pa moulen chiklèt oswa souse bonbon di.

Itilizasyon Anrejistrè a

- Kenbe anrejistrè a nan yon distans ki pa depase **10 pye** de pwatrin ou toutan.
- Si siyal kapsil la pèdi (anrejistrè a fè bip epi li montre mesaj ki endike pa gen siyal), deplase anrejistrè a pi pre pwatrin ou pou retabli siyal la.
- Ou ka benyen anba douch oswa benyen pandan tès la. Kenbe anrejistrè a nan yon kote ki an sekirite epi ki sèk, nan yon distans ki pa depase 10 pye de ou. **Pa mouye anrejistrè a.**
- Lè pil yo fèb, anrejistrè a ap fè bip epi li ap montre mesaj low battery (pil fèb). Menmsi sa pa fasil rive, ranplase pil yo pi vit posib. Sinon, anrejistrè a ap etenn nan 1 èdtan.
- Tcheke si anrejistrè a ap flache limyè ble. Si li sispann flache, kontakte founisè swen sante ou.

Bouton Anrejistrè a

Anrejistre repa ou yo, aktivite yo, sentòm yo, ak lè yo kòmanse ak lè yo fini lè ou sèvi ak bouton anrejistrè a.



Bouton repa: Anrejistre tout repa, bwason ak ti goute lè ou peze Bouton Repa a nan kòmansman repa a, epi ankò nan fen repa a.

Bouton kouche (lonje): Peze bouton sa a yon fwa lè ou kouche pou dòmi epi ankò lè ou leve. Anrejistre tout lè ou kouche ak lè ou leve, menm pou ti ale rapid nan twalèt lannuit oswa lè ou kouche sou sofa a.

Bouton sansasyon boule nan lestomak: Peze bouton sa a yon fwa lè ou gen sansasyon boule nan lestomak, men pa peze li plis pase yon fwa nan 10 segonn.

Bouton sentòm: _____
Peze bouton sa a yon fwa chak fwa ou gen sentòm sa a, men pa peze li plis pase yon fwa nan 10 segonn.

Bouton sentòm: _____
Peze bouton sa a yon fwa chak fwa ou gen sentòm sa a, men pa peze li plis pase yon fwa nan 10 segonn.

Pou jwenn plis enfòmasyon, gade **Kijan tès alpHaONE la fonksyone: Videyo pou pasyan an** lè ou eskane kòd repons rapid (Quick Response, QR) la avèk kamera telefòn entelijan ou oswa tablèt ou.

Jounal pasyan an

Si ou bliye peze bouton an pou nenpòt repa, lè ou kouche oswa sentòm, itilize jounal pasyan an nan pwochen paj la pou anrejistre sa yo.

Lè tès ou a fini

- Apre 72 èdtan yo fini, aparèy anrejistreman an ap di etid la fini epi li ka etenn.
- Retounen **aparèy anrejistreman ou a** ak **jounal pasyan an (si yo te itilize li)**:

  An pèsòn: Pote li nan biwo enskripsyon zòn datant Endoskopi a. Ou pa bezwen enskri ankò.

  - oswa -

  Itilize bwat UPS prepeye a yo te ba ou a epi pote li nan yon **magazen UPS nan zòn ou an** — pa nan yon biwo Sèvis Lapòs Etazini (United States Postal Service, USPS).

  Tanpri retounen sa yo pi vit posib pou enfòmasyon an ka bay doktè ou.
- Apre tès ou a fini, ou ka rekòmanse pran medikaman pou refli (riflòks) asid ak antiasid, dapre enstriksyon doktè ou.

Jounal pasyan an

Si ou bliye peze bouton yo pou repa, lè ou kouche oswa sentòm yo, itilize jounal sa a pou ekri lè chak bagay sa yo rive.

Dat	 Kòmansman repa	Fen repa	 Kòmansman lè ou kouche	Fen lè ou kouche	 Sansasyon boule nan lestomak	 _____ Sentòm	 _____ Sentòm

Resous sa a se pou enfòmasyon sèlman. Pale ak founisè swen sante w la si w gen nenpòt kesyon sou swen w.

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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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