Tilmaamaha qalabka wax duuba ee la socodka pH ee bilaa fiilada ah

Ku saabsan baaritaankan

Ujeeddada daraasaddan pH waa in la raadiyo inta jeer ee aashitada calooshu ay ugu soo kacdo hungurigaaga inta lagu jiro hawlahaaga caadiga ah ee maalinlaha ah iyo in ay la jaanqaaddo calaamado kasta oo aad qabto iyo in kale.

- Baaritaankaagu wuxuu socon doonaa 72 saacadood.
- Boqolkiiba 90 ee dadka, kaabsalku wuxuu ka go'aa hunguriga 5 ilaa 10 maalmood gudahood, wuxuuna jirka uga baxaa marka saxarada la saaro. Boqolkiiba 10-ka dadka kale, kaabsalku wuxuu ka go'aa hunguriga 30 maalmood gudahood.
- Dadka qaarkood waxay dareemi karaan sidii wax laabta uga dheggan yihiin, taas oo ah kaabsalka. Dareenkaasi waa caadi wuxuuna tagi doonaa marka kaabsalku uu caloosha ku dhaco. Dadka qaarkood sidoo kale waxay yeelan doonaan raaxo-darro yar.
- **HA marin baaritaanka sawirka birlabta (magnetic resonance imaging, MRI) 30-ka maalmood ee soo socda.** Haddii **loo baahdo, raajo** ayaa go'aamin kara haddii kaabsalku weli jirkaaga ku jiro.

Inta baaritaankaagu socdo

Jadwalka maalinlaha ah

- **Ha qaadan daawadaada yareysa aashitada caloosha ee hunguriga ku soo noqota ama daawooyinka baabi'iya aashitada inta baaritaanku socdo**.
- Ilaali jadwalkaaga caadiga ah ee maalinlaha ah, oo ay ku jiraan cunista, cabbitaanka, shaqaynta, iyo jimicsiga. Ha samayn wax hawl ah oo aad u culus.
- Ka fogow inaad si joogto ah kabashooyin biyo ah ama cabbid kasta u qaadato.
- Isku day inaad ku dhowaato cuntadaada caadiga ah, laakiin ka fogow cunista cunto adag, qallalan, ama mug weyn leh (sida bariis, rootiga giraanta ah, ama subagga lawska). Qaniinyooyin yaryar qaado oo cuntadaada si fiican u calali. Rootigu waa inuu qoyan yahay, hilibkana waa in loo gooyaa qaybo yaryar.
- Ha calalin xanjo ama ha nuugin nacnac adag.

Isticmaalka qalabka wax duuba

- Mar walba qalabka wax duuba ku hay meel aan ka fogayn laabtaada wax ka badan **10 fiit**.
- Haddii ishaarka ka imanaya kaabsalku lumo (qalabka wax duuba ayaa dhawaaqaya oo muujinaya no signal (ishaar ma jiro)), qalabka u soo dhawee laabtaada si ishaarku dib ugu soo noqdo.
- Waxaad qubaysan kartaa ama maydhan kartaa inta baaritaanku socdo. Qalabka wax duuba ku hay meel ammaan ah oo qalalan, oo kuu jirta masaafo aan ka badnayn 10 fiit. **Ha qoysin qalabka wax duuba.**
- Marka batterigu sii dhammaanayo, qalabka wax duuba ayaa dhawaaqi doona oo muujin doona low battery (batterigu wuu sii dhammaanayaa). Inkastoo tani aysan badnayn, batteriyada u beddel sida ugu dhakhsaha badan ee suurtogalka ah. Haddii kale, qalabka wax duuba wuxuu dami doonaa 1 saac gudahood.
- Hubi in qalabka wax duuba uu iftiin buluug ah biligleynayo. Haddii uu joojiyo biligleynta, la xiriir bixiyahaaga daryeelka caafimaadka.

Badhamada qalabka wax duuba

Cuntooyinkaaga, hawlahaaga, calaamadahaaga, iyo waqtiyada ay bilaabmaan oo ay joogsadaan ku diiwaangeli adigoo isticmaalaya badhamada qalabka wax duuba.



Badhanka cuntada: Dhammaan cuntooyinka, cabbitaannada, iyo cuntooyinka fudud ku diiwaangeli adigoo riixaya Badhanka Cuntada marka cuntadu bilaabato, mar kalena marka cuntadu dhammaato.

Badhanka dhabarka u jiifsashada (jiifsashada): Badhankan hal mar riix marka aad sariirta u jiifsato, mar kalena marka aad kacdo. Diiwaangeli dhammaan waqtiyada aad jiifsato oo aad kacdo, xitaa haddii ay yihiin tagitaanno degdeg ah oo musqusha ah habeenkii ama ku jiifsashada fadhiga.

Badhanka laabjeexa: Riix badhankan hal mar marka aad laabjeex dareento, laakiin ha riixin wax ka badan hal mar 10 ilbiriqsi gudahood.

Badhanka calaamadda: _____
Riix badhankan hal mar mar kasta oo aad calaamaddan yeelato, laakiin ha riixin wax ka badan hal mar 10 ilbiriqsi gudahood.

Badhanka calaamadda: _____
Riix badhankan hal mar mar kasta oo aad calaamaddan yeelato, laakiin ha riixin wax ka badan hal mar 10 ilbiriqsi gudahood.

Si aad wax badan u ogaato, daawo **Sida baaritaanka alpHaONE u shaqeeyo: Muuqaalka bukaanka** adigoo koodka QR-ka ku sawiraya kamaradda taleefankaaga casriga ah ama tablet-kaaga.

Diiwaanka bukaanka

Haddii aad illowdo inaad riixdo badhanka cunto kasta, jiifsasho, ama calaamado, isticmaal diiwaanka bukaanka ee bogga xiga si aad kuwaas u diiwaangeliso.

Marka baaritaankaagu dhammaado

- Marka 72-ka saacadood ay dhammaadaan, qalabka wax duuba wuxuu muujin doonaa farriin sheegaysa in baaritaanku dhammaaday, waxaana dhici karta inuu damo.
- Soo celi **qalabkaaga wax duuba** iyo **diiwaanka bukaanka (haddii la isticmaalay)**:

  Qof ahaan: U keen miiska isdiiwaangelinta ee aagga sugitaanka qaybta baaritaanka kaamarada (Endoscopy). Uma baahnid inaad mar kale isdiiwaangeliso.

  - ama -

  Isticmaal sanduuqa UPS ee horay loo bixiyay ee lagu siiyay oo gee **dukaan UPS oo deegaanka ah** — hana geyn xafiiska Adeegga Boostada Maraykanka (United States Postal Service, USPS).

  Fadlan kuwaan u soo celi sida ugu dhakhsaha badan ee suurtogalka ah si macluumaadka loo siiyo dhakhtarkaaga.
- Marka baaritaankaagu dhammaado, waxaad dib ugu noqon kartaa qaadashada daawada yareysa aashitada caloosha ee hunguriga ku soo noqota iyo daawooyinka baabi'iya aashitada, sida uu dhakhtarkaagu kuu faray.

Diiwaanka bukaanka

Haddii aad seegto riixidda badhamada cuntada, jiifsashada, ama calaamadaha, isticmaal diiwaankan si aad u qorto waqtiyada mid kasta.

Taa-riikhda	 Bilowga cuntada	Dham-maadka cuntada	 Bilowga jiifsashada	Dhammaadka jiifsashada	 Laabjeex	 _____ Calaamad	 _____ Calaamad

Khayraadkan waxaa loogu talagalay ujeeddooyin macluumaad oo keliya. La hadal bixiyahaaga daryeelka caafimaadka haddii aad wax su'aalo ah ka qabto daryeelkaaga.

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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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