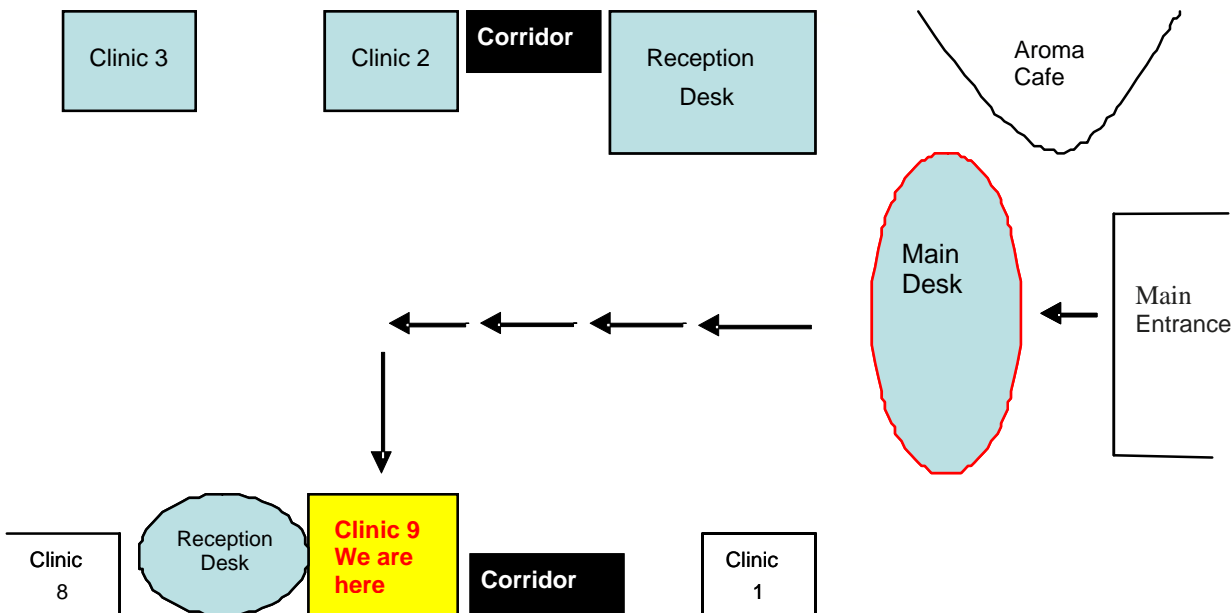
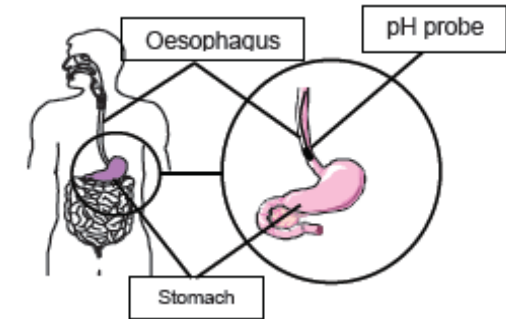


# 24 Hour Gastro-oesophageal reflux test



## RESPIRATORY FUNCTION LABORATORY

The Paediatric Respiratory Function Laboratory is located in Clinic area 9 in the Outpatient Department of The Royal hospital for Children within the Queen Elizabeth University Hospital campus.

Enter the main entrance of the Children's hospital walk straight up the main atrium to the clinic area. We are on the left hand side. When you scan in at the self-service kiosk you still need to ring the bell to let us know you have arrived.

**Please ring the doorbell to let us know you have arrived.**

# Gastro-oesophageal Reflux Test

RESPIRATORY FUNCTION LABORATORY

**IT IS IMPORTANT THAT YOU PHONE OUR OFFICE WHEN YOU GET THIS LETTER TO TELL US THAT YOU ARE ABLE TO KEEP YOUR APPOINTMENT.**

**0141 452 4071**

Your child's doctor has requested that a 24 hour gastro-oesophageal reflux test has to be carried out.

The test will be carried out in the Respiratory Function Laboratory. This leaflet is sent with a letter telling you the time and date of your appointment. **YOU WILL ALSO HAVE TO RETURN THE FOLLOWING DAY TO HAVE THE PROBE REMOVED.**

## WHY DOES THIS NEED TO BE DONE?

This test measures gastro-oesophageal reflux (GOR). GOR is when acid comes up from the stomach into your oesophagus (food pipe - the tube that takes food from your mouth to your stomach). The test will be able to tell us if this is happening, how frequently and for how long each episode lasts. This test will help us decide on the right treatment for your child

## WHAT IS A PH PROBE?

It is a thin flexible plastic tube or probe, which is passed through the nose into the oesophagus. It is held in place with tape attached to the child's cheek. The other end of the probe is attached to the recording box, which is the size of a personal stereo and held in a small bag. The box will record the amount of acid in the oesophagus for 24 hours. This is later converted into a computer printout.

## HOW IS THE PROBE PASSED?

The probe will be passed whilst your child is awake. The physiologist will pass the probe into your child's nose and down the back of their throat so that it sits just above the stomach. Your child's height will be measured to ensure the probe is passed the correct distance. Passing the probe will be uncomfortable for a short period of time. It may make your child sneeze, cough, retch or tickle the back of the throat while it is passed.

## WHAT HAPPENS ONCE THE PROBE IS IN POSITION?

The probe will be secured in position with tape to your child's cheek. During the 24 hours your child can eat, drink and move about normally. You will be asked to keep a diary of your child's eating, drinking and symptoms

## WHAT HAPPENS IF THE PROBE FALLS OUT?

If the probe falls out don't worry. Just return it to the laboratory the next day as planned.

## WHAT HAPPENS WHEN THE MONITORING IS COMPLETE?

The following day the tape is removed and the probe easily slips out. Once the probe is out, you and your child can go home. The results will be downloaded and passed onto your consultant. They will go over them at your child's next appointment.

## WHAT HAPPENS IF MY CHILD IS NOT TOLERATING THE PROBE ONCE IT'S PASSED?

If your child develops symptoms such as excessive coughing or hoarseness or is not settling after returning home, contact the laboratory if it is between the hours of 8:30am and 4:00pm. If it is outside these hours then contact switch board on 0141 201 0000 and ask to speak to the on-call Respiratory Consultant.

## POSSIBLE SIDE EFFECTS

Your child may experience discomfort particularly whilst the probe is being passed. This may continue a short time after but should settle down. They may vomit, cough and retch during the procedure. There may also be small amounts of blood from inside the nostril. There is a small chance that the probe may be passed into the lung rather than the oesophagus. If the physiologist is unsure of the placement they will request an X-Ray to check for this. If the probe is incorrectly placed it will need to be removed and re-placed if possible.

## HOW TO PREPARE FOR THE TEST?

**If your child is taking any of these medicines please stop for the stated time.**

**OMEPRAZOLE/LANSOPRAZOLE – 7 DAYS**

**RANITIDINE – 12 HOURS**

**GAVISCON/CAROBEL – 4 HOURS**

**DOMPERIDONE – 12 HOURS**

Talk with your child about the information in this leaflet.

- DO NOT FEED YOUR CHILD 2 HOURS PRIOR to the appointment time.
- Answer as many questions as you can. If you can't answer a question contact us using the details overleaf.