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[www.drdaavidmarkowitz.com](http://www.drdaavidmarkowitz.com)**Preparation for Esophageal Motility Study, and 24 hour pH Monitoring Study**

This procedure allows us to examine the muscular activity of the esophagus which can be disordered in patients complaining of difficulty swallowing, or complaining of non-cardiac chest pain. During this procedure, you will have a very thin tube inserted through your nostril into your esophagus.

- ❖ **Prior to performing the test, it is necessary that you be on no medications that influence esophageal motility, unless your referring doctor indicates the study should be performed on meds.**
- ❖ **For 24 hour pH studies ONLY - The medications that should be discontinued 7 days prior include; Reglan, Propulsid and calcium channel blockers such as Procardia, (Nifedipine) and Cardizem (Diltiazem).**

Additionally, if your test is in the morning, it is recommended that you eat no breakfast. However, if your test is in the afternoon you may eat a small liquid breakfast. The test itself takes approximately forty minutes to complete. **You will be put under no sedation for the procedure so you may drive home without assistance.**

**24 hour pH Monitoring**

This test is performed for the evaluation of acid reflux disease. If you are to undergo a 24 pH monitoring as well as the esophageal motility study, you will in addition, need to be off the following medications:

- ❖ Zantac, Tagamet, Pepcid, Axid, Maalox, Prilosec, Prevacid, Protonix, Aciphex and Nexium for at least seven days prior to the examination.

During this procedure, you will have a very thin tube inserted through your nostril into your esophagus. This will be worn for the next 24 hours. During that period of time, you will be allowed to eat and carry on with other daily activities. It will be necessary for you to return in 24 hours to have the monitor and pH probe removed.

The procedure will take place at:

**Columbia University Medical Center  
Herbert Irving Pavilion, (Dana Atchley Pavilion)  
161 Fort Washington Avenue, at 165<sup>th</sup> St.  
13<sup>th</sup> floor  
Endoscopy Suite  
(212) 305 - 2341**

**Please arrive one half hour before your scheduled procedure time.**

Thank you!