

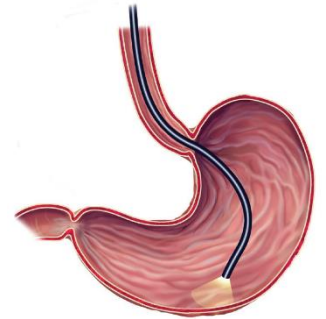
## What is GERD Testing?

While you may already know you have reflux symptoms, it is important to understand the severity or complications related to your reflux disease. In order to obtain the most accurate results, we will often order a combination of the following tests in order to better understand your reflux.

## Upper Endoscopy

### What is upper endoscopy?

Upper Endoscopy (also known as gastroscopy or EGD) is a procedure that uses a camera to examine the lining of the esophagus, stomach and intestine. A bendable, lighted tube about the thickness of your little finger is placed through your mouth and into the stomach and duodenum. It is more accurate than X-rays for detecting inflammation, ulcers or tumors of the esophagus and stomach.



### What to expect before the Procedure

The stomach should be completely empty. You should have nothing to eat or drink for approximately 8 hours before the examination. You will be sedated during the procedure and an arrangement to have someone drive you home afterward is imperative. You should not drive or operate machinery until the next day.

### How is the procedure performed?

You will be given medication through a vein to help you relax during the examination. You will be laid on your side or back in a comfortable position as the endoscope is gently passed through your mouth and into your esophagus, stomach and duodenum. Air is introduced into your stomach during the procedure to allow a better view of the stomach lining. The procedure usually lasts 10-15 minutes.

### What Happens after the Procedure

You will be monitored in the endoscopy area for 1 to 2 hours until the effects of the sedatives have worn off. Your throat may be a little sore for a day or two. You may feel bloated immediately after the procedure because of the air that is introduced into your stomach during the examination. You will be able to resume your diet and take your routine medication after you leave the endoscopy area, unless otherwise instructed. Your surgeon will usually inform you of your test results on the day of the procedure, unless biopsy samples were taken. These results take several days to return.

Complications are very rare. They include bleeding from the site of a biopsy or polypectomy and a tear through the lining of the intestinal wall. A reaction to the sedatives can occur.

## Upper Gastrointestinal Series (UGI)

### What is an Upper Gastrointestinal Series?

An UGI uses a compound that shows up on X-rays to help see abnormalities in the esophagus and stomach. When taking the test, you drink a preparation containing this solution. The X-rays track its path through your digestive system.

### How is the test performed?

You may be asked to lie on your back on a table that tilts forward. You then will be asked to drink a preparation of contrast that can be seen on an X-ray as it passes through the digestive tract. X-rays will be taken again as the liquid moves through the digestive system. You will be asked to take more swallows so more pictures can be taken. The procedure may take about 30 minutes to finish. You may resume your normal diet afterwards, though you may expect some loose stools.



## pH Monitoring

### What is pH monitoring?

pH monitoring measures the amount of acid that reaches your esophagus. There are two ways to measure this. The Bravo test involves a miniature pH capsule, which is approximately the size of a gel cap. The capsule is temporarily attached to the wall of your esophagus. The 24-hour impedance test involves a small catheter that is placed through the nose and into the esophagus and remains in place for 24 hours.



### How is the test performed?

If a Bravo capsule is used, it is placed while you undergo your upper endoscopy while you are asleep. You will wear a small transmitter box and return it to the hospital after 48 hours. If a 24-hour pH catheter is used, the catheter is placed through the nose into the esophagus and secured into place with tape. You may go home and return to the hospital after 24 hours to have the catheter removed and return the box.

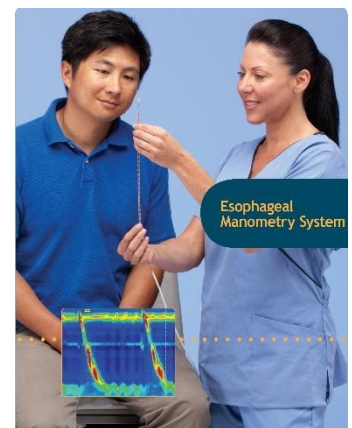
## Manometry

### What is manometry?

Manometry is a test that uses a catheter to measure the strength and coordination of the esophageal muscle. It is important to make sure there are no swallowing disorders or weaknesses of the esophagus.

### How is the test performed?

The procedure is performed in the swallowing center. You will be seated on an exam table and given a numbing gel through your nose. A small catheter will be placed through the nose into the esophagus. You will be asked to swallow several sips of water and the results will be transmitted to a computer. The exam usually takes 15 minutes.



## Gastrointestinal Motility Studies

### What are gastrointestinal motility studies?

GI motility studies help measure the function of your stomach and intestines. They can tell us the speed at which food passes through your GI tract. This is important if food is backing up in the stomach which can lead to reflux.

### How are these studies performed?

There are two studies that can give us information about your gut.

- The Smartpill is a wireless, ingestible capsule that measures pressure, pH and temperature data from your GI tract and wirelessly transmits that information to determine how well it passes through. This is performed in the office and you will return the transmitter box within a week.
- A gastric emptying study tells us how well your stomach empties after eating food. You will be asked to eat a preparation of solid food at the radiology department and a special x-ray machine determines the function of your stomach.



## After Testing is Completed

After you have completed your testing, you should have a follow-up appointment within several weeks to discuss the results in person. If you do not have an appointment please call our office at (503) 914-0024 to schedule an appointment.