

## 24 Hour Oesophageal PH Impedance Monitoring - Summary Clinical guideline – Joint Derby and Burton

Reference No: CH CLIN G 165/Oct 21/v001

### Introduction

24 hour oesophageal Impedance-pH (Z/pH) monitoring is one of the diagnostic tools to assess the degree of gastro-oesophageal reflux (GOR) and correlate reflux episodes to symptom events. It has the advantage over conventional pH only monitoring of being able to detect and differentiate between acid and non-acid reflux into the oesophagus.

### 2. Aim and Purpose

To provide guidance on indications, the technique, instructions and implementation of 24 hour oesophageal Impedance-pH (Z/pH) monitoring.

#### Indications:

1. Symptoms clinically suggestive of acid gastro-oesophageal reflux, who fail to respond during a high dose therapeutic trial of a proton pump inhibitor
2. Symptoms clinically suggestive of acid gastro-oesophageal reflux without oesophagitis or with an unsatisfactory response to a high dose proton pump inhibitor in whom anti-reflux surgery is contemplated
3. Persistent acid gastro-oesophageal reflux symptoms despite anti-reflux surgery
4. It may be useful to correlate symptoms (e.g. cough, chest pain) with acid reflux episodes and to select those infants in whom GOR is an aggravating factor.

#### Implementation:

The child is usually admitted an in-patient on Paediatric Ward. The pH monitoring should be commenced ideally between 10.00 – 10.30 am.

**An appointment letter (Appendix 1)** is sent to the patients with a copy to the clinical measurements department and the wards. This letter should include fasting instructions and also advise on stopping the anti-reflux medication along with **Patient information leaflet (Appendix 2)**.

Once the patient is admitted, a quick clerking need to be done and then the pH probe needs to be inserted by the Nursing team or a doctor.

Patient should be fasted 2 hours for solids and liquids prior to the insertion of the probe.

Chest X ray should be completed to check the position of the probe before commencing the recording.