

## Child health information factsheet

### pH probe test

Your doctor thinks that your child may be suffering from gastro-oesophageal reflux. A pH probe is used to measure the amount of reflux. There is a leaflet available that will explain reflux in more detail for you.

#### Preparation for having a pH probe

If your child is taking any of these medications please stop giving them to him or her four days before coming into hospital. If you do not do this the test will need to be cancelled.

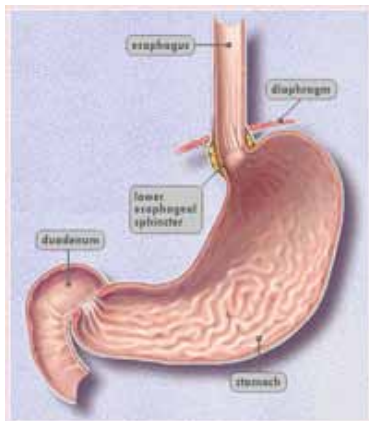
The medicines to stop are:

- Ranitidine
- Cimetidine
- Omeprazole
- Lanzoprazole
- Domperidone
- Gaviscon – do not give on the day of your child's test.

#### About the pH probe

A pH probe is a narrow, flexible, soft plastic tube, which is passed through the nose into the oesophagus (food pipe). Sticky tape holds the probe in place on the cheek. The other end of the probe plugs into a small box. This box records the acid level in the lower part of the oesophagus. This will take 24 hours.

Fig 1



The information that is recorded is then downloaded onto a computer which prints out the results.

Your child will come to the ward where they will have the probe put in place by the specialist nurse.

If your child is having other investigations under anaesthetic (medicine given to make your child go to sleep), the pH probe will be put in place while your child is asleep.

Your child will need an x-ray once the probe is in place to check that the position is satisfactory (see fig1).

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## While the probe is in place

The nurses will show you how to look after the box. This will include sliding a button on the box when your child eats or lies down. Your child can eat and drink normally while having the pH probe test.

## If the probe falls out

Do not worry but tell the nurse as soon as possible. The nurse will decide if it is necessary to put the probe back in place.

## After the monitoring has finished

The sticky tape is removed by a nurse from your child's face and the probe is gently taken out. This is very easy and only takes a few seconds.

The doctor or specialist nurse will discuss the results of the test with you and any follow up care if needed.

## Risks

As with all anaesthetics and procedures there are possible risks, these will be explained to you in full.

## If you have any questions or concerns please contact

Mick Cullen or Claire Barnes paediatric gastroenterology nurse specialists

**023 8077 7222** ext **3814** or

email: [mick.cullen@uhs.nhs.uk](mailto:mick.cullen@uhs.nhs.uk) or [claire.barnes@uhs.nhs.uk](mailto:claire.barnes@uhs.nhs.uk)

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