

Patient Diary for Gastroesophageal Reflux Study



Name: _____

Probe depth: _____

Return on: _____ to have your probe removed.



GASTROESOPHAGEAL REFLUX STUDY

Gastroesophageal reflux disease (GERD) is a condition in which the stomach contents (food or liquid) leak backwards from the stomach into the esophagus (the tube from the mouth to the stomach). This action can irritate the esophagus, causing heartburn and other symptoms.

When you eat, food passes from the throat to the stomach through the esophagus (also called the food pipe or swallowing tube). Once food is in the stomach, a ring of muscle fibers prevents food from moving backward into the esophagus. These muscle fibers are called the lower esophageal sphincter, or LES.


If this sphincter muscle doesn't close well, food, liquid, and stomach acid can leak back into the esophagus. This is called reflux or gastroesophageal reflux. This reflux may cause symptoms, or can even damage the esophagus.


What you need to know.


While the probe is in place you need to remember the following:


1. **Do not shower or take a tub bath.** The recorder/probe must not get wet.
2. **No chewing gum or eating hard candy during this test.** When you finish eating, you must record it.
3. **Continue your normal activity.** Work, exercise, and eat. Try to do activities that will reproduce your symptoms. Unless it is your normal habit to nap or recline during the day, we ask you not to do so on the day of your test.
4. **Sleep as flat as possible.** It does not matter if you sleep on your side or back. Avoid sleeping in a reclined position.
5. **Record your symptoms as you experience them by pressing the appropriate symptom button on the monitor (See pg. 5).** The Diary button may be used to record more than one symptom. You will need to write the symptoms for this key on your diary page.
6. **Keep the recorder on your body at all times.** Record your body position by using the Upright button when you are upright and the Down button when you are lying down. You can place the recorder under your pillow when you sleep.
7. **Your doctor will determine if you will continue using your acid suppressant modifications while performing this reflux test.**
 - If you are on your medications, take them as you normally would.
 - If you are off your medications, do not take them or use any antacids (e.g. Tums). Take all of your other medications as you normally would.


Press the event button once to indicate when your symptoms occur.

Press the  button when you experience _____.

Press the  button when you experience _____.


Press the  button when you experience _____.

Press the  button when you start a meal, snack or drink.
(Other than water.)

Press the  button when you finish a meal, snack or drink.

Press the  button when you lie down.

Press the  button when you get up.

Press the  button if you experience a different symptom or unusual event other than the 1, 2 & 3 button.
Record this symptom/event in the Diary.

If you have questions or concerns, call:

Time		Diary Entry
:	AM PM	
:	AM PM	
:	AM PM	
:	AM PM	
:	AM PM	
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