

Preparing for your motility procedure with 24 hour PH monitoring

This guide will help you and your family prepare for your procedure. If you have any questions, please call **503-494-4373**. For questions after 5 p.m., call 503-494-8311 and ask for the GI doctor on call.

Once you are scheduled



- Download directions to your check-in location at <https://www.ohsu.edu/digestive-health/preparing-your-endoscopy-procedure>
- You may need to make major changes to your medications for this procedure. Please review the **medication instructions** on page 2. If you need more instructions on any of your medications, please contact the doctor who prescribed them.
 - If you get heartburn because you had to stop your medications for the procedure, **you can take Tums up until 24 hours before your procedure.**

Medication instructions



If you take ...	Do this ...
Diabetes medicine by mouth (Metformin, Glipizide)	Do NOT take the night before or the morning of your procedure.
Insulin	Take ½ your dose the night before and NO insulin the day of your procedure. Or, follow the instructions from the OHSU Preoperative Medicine Clinic. Your blood sugar could be lower because you won't be eating solid food.
Victoza or Trulicity	Do NOT take the day before or the day of your procedure.
Benzodiazepines (clonazepam, Klonopin, diazepam, Valium, lorazepam, Ativan, midazolam, Versed, temazepam, Restoril)	STOP taking 48 hours before your procedure.
Bentyl (dicyclomine)	STOP taking 24 hours before.
Proton Pump Inhibitors - PPIs (Omeprazole, Prilosec, Nexium, Protonix, etc.)	STOP taking 5 days before your procedure.
Antacids (Zantac, Tagamet, Pepcid)	STOP taking 3 days before your procedure.

- Keep taking all of your other prescribed medicines, including aspirin, pain medications, blood pressure medications like Lisinopril, water pills (diuretics like Lasix), Non-steroidal anti-inflammatory drugs (like Advil, Motrin, Aleve).

1 day before your procedure



- You may eat normally until midnight before your procedure.
- ⊙ **NO solid food after midnight.**

The day of your procedure



- **Only drink clear liquids** (liquids you can see through when you hold it up to the light) **until 2 hours before** your arrival time. **Do NOT eat any solid food.** Follow this schedule no matter what time of day your procedure is.
 - ☑ **DO:**
 - Drink clear (**not red or purple**) liquids like:
 - ☑ Clear broth (chicken, beef or vegetable)
 - ☑ Coffee or tea (no milk, but sugar is OK)
 - ☑ Carbonated soft drinks
 - ☑ Clear juice like apple and white grape (no pulp)
 - ☑ Clear sports drinks like Gatorade and Powerade (no red or purple)
 - ☑ Popsicles and Jell-O (no red or purple)
 - ⊖ **DON'T:**
 - ⊖ Drink liquids that are purple or red.
 - ⊖ Drink milk, orange juice, tomato juice, broth that has solids, or solid food.
- **2 hours before your arrival time, stop drinking** anything.
 - You can have clear liquids up until 2 hours before your arrival time.
 - You may take your medicine with a sip of water.

After your procedure



- You will have a small tube coming out of your nose and taped to your cheek. It will connect to a monitor for 24 hours.
- We will schedule you for an appointment the next day to remove the tube and return the monitor.
- You must come back in so we can download the data. You **MAY NOT** mail it back.