



AlpHaONE Wireless Reflux Test

Patient Instructions and Patient Diary

The aim of this pH study is to monitor your normal daily patterns of gastric reflux and how they relate to your symptoms. To ensure the best results, please continue your usual eating, drinking, working, and exercise habits. Limit your intake of liquids between meals and avoid prolonged sipping. Refrain from chewing gum or eating hard candy during the study and take care not to expose the recording device to water. Unless your physician instructs otherwise, please avoid taking any antacids or reflux medications during the study.

Questions? Call 312-767-3244 or email at help@mdhngi.com

Please do your best to keep your scheduled appointment time. If you must cancel or reschedule, please email us at help@mdhngi.com with at least **SEVEN** days notice.

Reflux Medication

- **If you are asked to continue your reflux medication during testing, please record in your diary when you take your reflux medication.**

- **If you are asked to discontinue your reflux medication for this test, please do not take any medication during the testing period.**

- **Stop taking PPIs and/or PCABs 7 days before your test:**
 - Stop taking PPIs such as omeprazole (Prilosec), lansoprazole (Prevacid), rabeprazole (Aciphex), pantoprazole (Protonix), esomeprazole (Nexium), dexlansoprazole (Dexilant), and Zegerid (immediate release omeprazole) and PCABs such as vonoprazan (Voquenza) at least seven days before the test.

- **Stop taking these medications 2 days before your test:**
 - Two days before the test, stop taking H2 blockers such as ranitidine (Zantac), cimetidine (Tagamet), famotidine (Pepcid), and nizatidine (Axid).
 - You should also stop taking the promotility drug metoclopramide (Reglan) two days before the test.

- **Twelve hours before the test:**
 - Stop taking antacids such as Alkaseltzer, Gaviscon, Maalox, Milk of Magnesia, Mylanta, Phillips, Riopan, and Tums at least 12 hours before your test.
 - You should also avoid eating or drinking anything after midnight and refrain from drinking liquids that are purple or red.

Patient Instructions

- Do not perform high intensity labor or exercise.
- Avoid eating hard, dry, or bulk food.
- Keep away from magnetic resonance imaging (MRI) equipment and any other environment in which a high magnetic field might be present.
- You may take a bath/shower during the testing period, but the recorder must not get wet and must remain within 10 feet of you.
- Please leave the recorder outside of the shower or tub while bathing.
- Keep the recorder within 10 feet of your chest. If the signal from the capsule is lost (the recorder beeps and displays no signal), move the recorder closer to your chest to recover the communication.
- Pay attention to the low-battery alarm of the recorder (the recorder beeps and displays low battery).
- Replace the battery as quickly as possible; otherwise, the data recorder will automatically turn off in one hour.
- Check whether the LED of the data recorder is blinking blue at three-second intervals. If it stops blinking, contact MDHN at 312-767-3244 or email at help@mdhngi.com

Important

- Do NOT schedule any MRI exams within 30 days of completing the alpHaONE test.
- After testing, please return the diary along with the recorder.

