

# FOREGUT SURGERY ENDOSCOPY DISCHARGE INSTRUCTIONS: pH

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## INSTRUCTIONS:

- **PLEASE REFER to your pH diary instructions**
- You may experience dizziness, drowsiness or lightheadedness if you have had sedation.
- Do not consume alcohol, including beer or wine, for the next 24 hours.
- Do not drive or operate power equipment until tomorrow.
- Do not engage in activities that require coordination or the ability to respond quickly.

## DIET

- You may resume your usual diet. Please be sure to eat regular meals during your pH test. If you do not eat during the test period, your results may be normal even though you have reflux on a more typical day.

## MEDICATIONS

- You may resume your normal medications except antacids as directed by Angi.
- If you have any questions about the medication list that was sent home with you, please call the prescribing physician.
- Tylenol is ok to take for discomfort.

## FOLLOW UP

- Please return to the clinic at your scheduled time to return the recorder. You should have a follow up plan in place to receive your results. If unsure, please check with Lisa while you are in the office.

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## CONCERNS

**Call your surgeon at 503-281-0561 if you have problems such as:**

- Severe chest pain or shortness of breath
- Worsening abdominal pain
- Faintness, increased weakness
- Fever, chills, persistent nausea, vomiting
- Dislodgement of pH catheter

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Patient Signature	Date	Time
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RN Signature	Date	Time
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