

ABOUT THE TEST

Restech is a minimally invasive outpatient test that provides diagnostic testing for acid reflux in the throat. Acid can make its way up the esophagus and into the throat, a condition called Laryngopharyngeal Reflux (LPR). LPR most often occurs without the typical reflux symptoms, making it difficult to diagnose.

Symptoms of LPR may include:

Chronic throat clearing Chronic sore throat Persistent cough Hoarseness
Excessive mucus Post-nasal drip Difficulty swallowing Restless sleep

PREPARATION FOR THE TEST

- Please stop the following medications prior to your test

7 days before test	48 hours before test	24 hours before test	Evening before test
Nexium (esomeprazole) Aciphex (rabeprazole) Prilosec (omeprazole) Prevacid (lansoprazole) Protonix (pantoprazole) Zegerid, Kapidex, Dexilant	Carafate	Zantac Tagamet Pepcid	Tums

WHAT TO EXPECT

This study will be performed in the clinic by a Registered Nurse (RN). It involves inserting a small soft tube through your nose until the tip is positioned in the back of the throat. The probe does not interfere with talking, eating, or drinking. During the 24 hour test period, you are encouraged to go about your normal day while the Restech pH system tracks the frequency and severity of your reflux episodes.

AFTER THE TEST

After 24 hours, you will return to have the probe removed by the RN. Once the data has been downloaded, your physician will analyze and interpret the results. You will discuss your results at your next consult visit.

RESTECH 24 HOUR pH MONITORING