



Having a Safe PH Probe Study

Your child's health and safety are important to us. You can make a difference in your child's care by asking questions and being actively involved.

What is a PH Probe Study?

A PH Probe Study is a test that measures the amount of acid juices that may be backing up into your child's esophagus. The test helps to diagnose acid reflux and swallowing disorders.

What happens during a PH Probe Study?

A very thin, flexible tube (like a cooked spaghetti noodle) is put into your child's nose and into the esophagus. The remaining part of the tube will be taped to your child's cheek to keep it from moving. Then, an X-ray will help make sure the probe is in the right place. The process of placing the tube takes about 10 minutes, but the test takes 24 hours and requires a hospital stay.

Although it doesn't hurt, it does feel different to have a spaghetti-like noodle in your nose and it is normal for children to try to pull it out. So that the tube can remain safely in place, soft restraints, called "no-no's" may be used. These go around your child's elbows so that they still have use of their hands and can move around.

How can you prepare for the study?

- Tell your care provider about all medicines your child is taking and ask if any should be stopped for the study.
- Pack an overnight bag with toys and important items for your child and yourself.

Can you stay with your child during the study?

Yes, one caregiver can stay overnight with your child. We want your child's activities to be as normal as possible with three important things:

- Your child needs to sleep flat on their back during the study.
- No candy or chewing gum during the study.
- Keep the device dry.

What should you expect after the study?

After the study, your child may have a sore throat. Your child can continue their normal diet after the study. If your child develops a fever or is vomiting, contact their care provider. Your care providers will call you with results of test in a few days.

Contact your child's care providers if you have any questions or concerns.