

Patient diary

Information for patients having a 24 hour pH study/impedance study

This diary is for you to complete. If you would like further information about the investigation you are having or have any particular worries, please speak to your nurse or doctor.

Patient name:

Hospital number:

Meals and drinks



Please press this button on your recorder each time you eat or drink; press once at the start and once at the end. Please record this information in the table below with a short description of your meal.

Start time	End time	Description




Lying down



Please press this button each time you lie down and again when you sit up. Please also press the button when you lie down to go to sleep and when you wake up. Please record this information in the table below.

Start time	End time	Comment

Symptoms

	<p>Please choose your most frequent symptom/problem or the symptom which is most troubling to you, for example heartburn, burping, regurgitation, chest pain, cough. Please press this button on your recorder once each time this symptom occurs during the study.</p> <p>Please state what this symptom is:</p>
	<p>Please press this button if you have a second symptom which bothers you; press once each time this symptom occurs during the study.</p> <p>Please state what this symptom is:</p>
	<p>Please press this button if you have a third symptom which bothers you; press once each time this symptom occurs during the study.</p> <p>Please state what this symptom is:</p>

If you have any problems during the study and you feel as if you cannot continue, you can remove the tube (catheter) yourself and **do not** need any medical help.

Please return to the Louise Ryan Unit, located on the lower ground floor of the Royal Free Hospital, 24 hours after the start of your study.

Contact details for the unit

- Phone: 020 7830 2923
- Email: rfh-tr.RFH-LouiseRyanUnit@nhs.net
- Website: www.royalfree.nhs.uk/services/services-a-z/gastroenterology/louise-ryan-gi-physiology-unit

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Staff use only

Catheter tapped at: cm On or off meds:

Study date: Start time: Finish time:

Lowest pH after oesophageal Operator:
 junction (OJ):