



TAHOMA CLINIC

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### FASTING INSTRUCTIONS FOR THE HEIDELBERG STOMACH PH TEST

Name \_\_\_\_\_

Date \_\_\_\_\_

1. **Nothing to eat or drink for 8 hours prior to testing.** This includes coffee, tea, and soda. **Please do not smoke, chew gum, or eat breath mints prior to the test.**
2. **Please do not take prescription digestive or stomach medications *for one week* prior to testing.** (This includes Tagment, Donnatal, Zantac, Prednisone, Carafate, Prilosec, Reglan or Pepcid.) Over-the-counter stomach medications should not be taken *for 48 hours* before testing.
3. **If you have medication or supplements you are to take upon arising, please contact our office to have this cleared with the physician or nurse. If "okay", you may take medication with up to 4 oz. of water.**
4. If you have any further questions about prescription medications, supplements or over-the-counter products you are taking and how they may affect the test, please contact us. You may bring your medications and supplements to take immediately after the test is completed. If you have other appointments at the Clinic, we advise you to bring a sack lunch or you may purchase a snack at the Tahoma Clinic Dispensary. \*\*\* ***If you can't keep your appt., please let us know 48 hrs. prior to the appt. so we can reserve the time for another patient or a fee will be charged to your credit card.***

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### SUMMARY OF HEIDELBERG/STOMACH PH TESTING PROCEDURE

The procedure involves swallowing a capsule about the size of large multivitamin. A small amount of water is given to assist in swallowing. The capsule is attached to a strong cotton/polyester thread that allows for placement and retrieval of the capsule.

The capsule contains a miniature battery, radio transmitter and pH sensor that send a signal to an antenna. A belt is placed around the stomach area that contains the antenna. This is placed on the outside of any clothing. The antenna will receive the signal from the capsule and send it to a computer to record the pH changes on a graph for reporting.

The pH of the stomach is generally an acid one. Following the introduction of food or drink (excluding water) into the stomach, the pH changes to an extremely alkaline pH. As hydrochloric acid (HCL) is secreted to digest the contents of the stomach, the pH will change back to an acid one.

To stimulate the stomach's production of HCL, 3cc of a baking soda/water solution is given orally. In response to the alkalinizing solution, the stomach pH should change to a very alkalized reading. As the stomach lining secretes HCL, the pH will change back to an acid one. Re-acidification should take less than 20 minutes in a normal stomach.

The "challenge" (baking soda/water solution) is given and timed each of five stimulations to represent actual stomach digestion. It is not possible to accurately determine the time testing will take; each patient differs in the time it takes to produce results. This test may take 1-3 hours. During testing it is recommended that you sit upright. In case of a bad back, or medical necessity, lying on the left side is permitted.