



TAHOMA CLINIC

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FASTING INSTRUCTIONS FOR THE HEIDELBERG GASTRIC TEST

Preparation for the test:

1. **Nothing to eat or drink for 8 hours prior to testing, this includes water, coffee, tea, and soda. Please do not smoke, chew gum, or eat breath mints prior to the test.**
2. **If you have a pacemaker or pregnant, we are unable to do the test.**
3. **Cell phones/tablets/computers must be off while test is being run.** They interfere with signal.
4. **Certain newer model hearing aids may interfere with the wireless transmission of signals.**
You may be asked to remove your hearing aid for part or all of the testing procedure.
5. **Please do not take prescription digestive or stomach medications for 7 days prior to testing.** (This includes Omeprazole, Tagament, Donnatal, Zantac, Prednisone, Carafate, Prilosec, Reglan or Pepcid.)
Over-the-counter stomach medications should not be taken for 48 hours before testing, i.e. Tums, Roloids.
6. **Please do not take Antibiotics or Antihistamines 7 days prior to the test.**
7. **If you have medication or supplements you are to take upon arising, please contact our office to have this cleared with the physician or medical assistant. If approved, you may take medication with up to 4 oz. of water.**
8. **If you have any 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 our Supplement Store.**
9. **Please inform your doctor if you have had stomach or throat surgery, or have been diagnosed with Crohn's disease.**

Summary of the test 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 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. This antenna is placed on the outside of 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, 5cc of a baking soda/water solution is given orally. In response to the alkalinizing solution, the stomach pH should change to an alkalized reading. As the stomach lining secretes HCL, the pH will change back to an acid one. Re-acidification should take 10 to 20 minutes in a normal stomach.

The "challenge" (baking soda/water solution) is given and timed each of five stimulations to represent true 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. Most tests take 1-3 hours. During testing you will be in a reclined position. In case of a bad back, or medical necessity, lying on the left side is permitted.

Important policy regarding charges:

It is very important that all instructions have been understood and followed. The Heidelberg capsule is a somewhat costly high-tech medical transmitter and is activated for your test immediately after check-in. If the capsule has been activated, and the test cannot continue because of preparation issues, you will be asked to cover the cost of the capsule.

Please give a 48 hour notice if you cannot keep your appointment. Thank you!

UPDATED: 6/4/2021