Diversatek™
Healthcare

Patient Diary for Gastroesophageal Reflux Study

Name: _____

Probe depth: _____

Return on: _____ to have your probe removed.

GASTROESOPHAGEAL REFLUX STUDY

Gastroesophageal reflux disease (GERD) is a condition in which the stomach contents (food or liquid) leak backwards from the stomach into the esophagus (the tube from the mouth to the stomach). This action can irritate the esophagus, causing heartburn and other symptoms.

When you eat, food passes from the throat to the stomach through the esophagus (also called the food pipe or swallowing tube). Once food is in the stomach, a ring of muscle fibers prevents food from moving backward into the esophagus. These muscle fibers are called the lower esophageal sphincter, or LES.

If this sphincter muscle doesn't close well, food, liquid, and stomach acid can leak back into the esophagus. This is called reflux or gastroesophageal reflux. This reflux may cause symptoms, or can even damage the esophagus.

What you need to know.

While the probe is in place you need to remember the following:

1. **Do not shower or take a tub bath.** The recorder/probe must not get wet.

2. **No chewing gum or eating hard candy during this test.**

3. **When you start eating or drinking anything other than water, record it as a meal. When you finish eating/drinking, record the end of the meal.** Do this by using the meal buttons on the recorder.

4. **Continue your normal activity.** Work, exercise, and eat. Try to do activities that will reproduce your symptoms.

5. **Record the start of a symptom and a change in position from upright to lying flat and vice versa using the event buttons on the recorder.** Unless it is your normal habit to nap or recline during the day, we ask you not to do so on the day of your test.

6. **Sleep as flat as possible.** It does not matter if you sleep on your side or back. It is acceptable to utilize one pillow for sleeping. Avoid sleeping in a reclined position, if possible.

7. **Record your symptoms as you experience them by pressing the appropriate symptom button on the recorder (See pg. 5).** The Diary button may be used to record any additional symptom. You will need to tell us what the additional symptom is by writing it on your diary page. Use the time on the recorder to indicate when you felt the additional symptom.

8. **Keep the recorder on your body at all times.** Record your body position by using the Upright button when you are upright and the Down button when you are lying down. You must take the recorder pouch strap off when you go to bed. You can place the recorder under your pillow when you sleep.

9. **You do not need to press the Upright/Down buttons if you briefly get up for the bathroom at night.**

10. **Your doctor will determine if you are to continue using your acid suppressant medications while performing this reflux test.**
    - If you are on your medications, take them as you normally would.
    - If you are off your medications, do not take them or use any antacids (e.g. Tums). Take all of your other medications as you normally would.

Press the corresponding event button when you feel a symptom, as you start or stop eating/drinking, or change your body position.

Press the 1 button when you experience _____.

Press the 2 button when you experience _____.

Press the 3 button when you experience _____.

Press the button when you start a meal, snack or drink. (Other than water.)

Press the button when you finish a meal, snack or drink.

Press the button when you lie down.

Press the button when you get up.

Press the button if you experience a different symptom or unusual event other than the 1, 2 & 3 buttons. Record this symptom/event in the Diary.

If you have questions or concerns, call:

_____

Time	Diary Entry
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	

Time	Diary Entry
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	
: AM PM	

Diversatek™
Healthcare

Advancing GI care by driving science, developing and delivering solutions, and providing unmatched clinical support.

DiversatekHealthcare.com

P 800.558.6408 or 414.265.7620

Corporate Headquarters
102 East Keefe Avenue
Milwaukee, WI 53212 USA

orders@diversatekhc.com
sales@diversatekhc.com

Technical Research & Training Center
9150 Commerce Center Circle, Suite 500
Highlands Ranch, CO 80129 USA

©2021 Diversatek, Inc. | All Rights Reserved. 081-0014 Rev C, ECO 221-032 09/21