

Doctor Discussion Guide

A one-page reference to help you talk to your doctor about the Heidelberg pH Capsule test.
Print this and bring it to your next appointment.

What is the Heidelberg pH Capsule Test?

The Heidelberg pH Capsule test is a non-invasive, in-office procedure that directly measures gastric acid secretion in real time. The patient swallows a small capsule that transmits pH data wirelessly to a receiver. A bicarbonate challenge protocol is administered to assess the stomach's acid-producing capacity. The test takes approximately 45 to 60 minutes.

The Heidelberg pH Capsule System has been in clinical use for over 60 years and is the only commercially available device that measures real-time gastric acid secretory function. It is listed with the FDA as a Class I medical device.

Who Should Consider This Test?

Patients who may benefit from a Heidelberg test include those with chronic reflux or heartburn that has not responded to acid-suppressing medication, recurrent SIBO despite treatment, unexplained nutrient deficiencies (B12, iron, magnesium, calcium) that do not respond to supplementation, persistent bloating or indigestion without a clear diagnosis, long-term PPI use with unresolved symptoms, and undigested food in stool.

Questions to Ask Your Doctor

Use these questions to start a conversation about whether the Heidelberg test is appropriate for you.

- Could my symptoms be related to low stomach acid rather than excess acid?**
- Has my gastric acid output ever been directly measured?**
- Would knowing my actual acid levels change my treatment plan?**
- Is it possible that my PPI is suppressing acid that was already low?**
- Could low stomach acid be contributing to my nutrient deficiencies?**
- Would you be open to reviewing the results of a Heidelberg pH Capsule test?**

How to Bring It Up

You do not need your doctor's referral to schedule a Heidelberg test, but it can be helpful to discuss it in advance. You might say something like:

"I have been reading about the possibility that low stomach acid could be contributing to my symptoms. There is a test called the Heidelberg pH Capsule test that directly measures gastric acid production. I would like to explore whether this could provide useful information for my treatment plan. Would you be open to reviewing the results?"

Find a Provider

Visit heidelbergtest.com/find-a-provider to locate a practitioner near you who offers the Heidelberg test. If there is no provider in your area, you can refer your doctor at heidelbergtest.com/refer-a-doctor and we will reach out with information about adding the test to their practice.

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