

Pre-Visit Preparation Checklist

Everything you need to do before your Heidelberg pH Capsule test.
Bring this checklist to your appointment.

Fasting Instructions

- Do not eat or drink anything for at least 8 hours before your test.
- Water is permitted up to 2 hours before the test.
- If your appointment is in the morning, stop eating after midnight.
- Avoid chewing gum on the morning of your test.

Medication Holds

Discuss all medication changes with your prescribing physician before stopping anything. The following are general guidelines. Your practitioner may adjust these based on your situation.

- Stop proton pump inhibitors (PPIs) at least 7 days before the test.

Examples: omeprazole (Prilosec), esomeprazole (Nexium), lansoprazole (Prevacid), pantoprazole (Protonix), rabeprazole (Aciphex).

- Stop H2 blockers at least 3 days before the test.

Examples: famotidine (Pepcid), ranitidine, cimetidine (Tagamet).

- Stop antacids at least 24 hours before the test.

Examples: Tums, Rolaids, Maalox, Gaviscon, baking soda.

- Stop betaine HCl supplements at least 24 hours before the test.
- Stop digestive enzyme supplements at least 24 hours before the test.
- Continue all other medications unless your practitioner advises otherwise.

What to Bring

- This checklist (completed).
- A list of all current medications and supplements, with dosages.
- Your insurance card and photo ID.
- A list of your current symptoms and how long you have had them.
- Any relevant prior test results (endoscopy, breath test, bloodwork).

Not required, but helpful for your practitioner.

- ☐ Comfortable clothing. The test takes approximately 45 to 60 minutes.

What to Expect

The Heidelberg pH Capsule test is a non-invasive, in-office procedure. You will swallow a small capsule (about the size of a large vitamin) with a sip of water. The capsule transmits pH data wirelessly to a receiver worn on your waist. During the test, you will drink small amounts of a bicarbonate solution at timed intervals. This allows your practitioner to observe how your stomach responds to a standardized challenge.

The test is painless. Most patients describe it as straightforward and comfortable. You will be seated throughout. The capsule dissolves naturally or passes within 24 to 48 hours.

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This checklist is for informational purposes only. It is not medical advice. Always follow your practitioner's specific instructions.