

Laryngopharyngeal reflux test

Information for patients



What is a laryngopharyngeal reflux test?

The laryngopharyngeal reflux (LPR) test provides information on how much reflux you are getting in your throat and help to determine if this is causing your symptoms.

The test involves inserting a small tube through your nose into the back of your throat. This will measure any reflux you get over a period of 24-hours and how it relates to your symptoms.

Are there any risks associated with your test?

There are no serious frequently occurring risks associated with your test. Minor risks can include a sore throat and in rare cases, nosebleed.

What preparation is required for your test?

For 5 days before your test

-  **Do not take proton pump inhibitors (PPIs)**
Losec, Nexium, lansoprazole, omeprazole, esomeprazole etc.
-  You can continue taking any other essential medicines.

For 2 days before your test

-  **Do not take H2 receptor antagonists**
Zantac, Tagamet, ranitidine etc.

The day before your test

-  **Do not take antacids**
Gaviscon, Milk of Magnesia, Rennie etc.

For 6 hours before your test

-  You must stop eating and drinking and fast for 6 hours before your test.

The day of your test

-  You can have small sips of water (maximum of 300 ml) until the start of your test.
-  You may take your essential medicines with a small amount of water.
-  You may brush your teeth, but please try not to swallow any toothpaste.
-  If you are diabetic requiring insulin or diabetes medicine, please ask your doctor if you should change your morning dose. Oral hypoglycaemic medicines are usually not taken that morning until completion of the test and you start eating again.

What happens during your test?

- 1 Your physiologist will explain the test to you, ask you questions about your symptoms and confirm that you have had nothing to eat in the 6 hours prior to your test.
- 2 Your nostril and throat will be numbed with an anaesthetic spray/cream while you are sitting upright. A thin tube is passed through your nostril, to the back of your throat, while you swallow water. Once in position, the tube will be taped to your nose for the duration of the study.
- 3 The tube is then connected to a small transmitter which will be attached to your clothing with a small clip. The transmitter will then send data wirelessly to a recording box. You will need to wear this for approximately 24 hours. Your physiologist will explain how the recorder works and what buttons you need to press and when. You will need to press buttons when you experience symptoms, when you have anything to eat or drink, and when you are lying down.
- 4 The recorder cannot get wet, so it is important you do not bath or shower during the 24-hour study.

 **Your test will last 30 - 45 minutes.**

-  You are free to leave straight away after your test and return to your usual diet, medication and daily activity.
-  You will need to return to the clinic 24 hours later to have your tube removed which takes 5 – 10 minutes. You can choose to take the tube out yourself and send it and the recorder back to us using a freepost envelope.

How will I get my results?

Your results will be sent by secure email to both you and your referring consultant/doctor. We aim to send out all patient results within five working days of completion of your test.



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