

How to Diagnose Acid Reflux

Most of us are aware of the usual problems of acid reflux, but it may take the doctor to do some testing to determine if there could be an organic problem causing it. If there is no change after altering diets and lifestyle, the doctor may suggest one of the following procedures to determine the cause.

These tests are invasive procedures involving insertion of tubes into your food pipe to observe and analyze your information over a period of time.

The 24-Hour Esophageal Ph Test, and the 48-Hour Bravo Esophageal pH test, recommended by the Cleveland Clinic Foundation involve the insertion of a tube through your nose that is pushed way down so as to be near the Esophageal Sphincter muscle, the kingpin in this Acid Reflux Saga. .

A thin, small tube with an acid sensing device on the tip is gently passed through your nose, down the esophagus ("food tube"), and positioned about 2 inches above the lower esophageal sphincter. The tube is attached to the side of your face with clear tape. The end of the tube exiting from your nose is attached to a portable recorder that is worn on your belt or over your shoulder. The recorder has several buttons on it that you press to mark certain observations.

What happens is that you follow certain food and medication restrictions from a week prior to your test. During the 24-hour test, you avoid showers; record your mealtimes, and meal contents, as well as your rest periods, when you lie down. There are certain buttons to be pressed on the recorder mechanism, in case you have certain symptoms, After 24 hours, the nurse removes this contraption, and the information is downloaded onto a computer that allows the doctor to review the situation and plan your treatment.

The Esophageal Manometry Test is less traumatic, time wise, and consists of inserting a tiny, pressure-sensitive tube through your nose - or sometimes your mouth, into your esophagus. There, it measures the effects of muscle contractions as you swallow. This tells the doctor about how well your muscles involved in the digestion process, function.

An x- ray or endoscope may also help your doctor to see if there could be an obstruction that is impeding digestion. This works by observing with a scope light.

If it is then determined that there are no major problems such as a narrow food pipe or scarring or a growth that shouldn't be there, your Acid Reflux can be treated with lifestyle changes and medications that will help relieve the symptoms.

About the Author

Is acid reflux keeping you up at night? Are you tired of watching what you eat at restaurants? Find out about a simple [acid reflux cure](#) that can help you get rid of your stomach pain for good. Visit <http://www.refluxrenegade.com> for more info

Source: <http://www.free-articles.neutronmarketing.com>