

Patient Instructions for the Digitrapper Patient Monitor

During the study you are encouraged to continue your normal activities; this is important so your physician can get a realistic picture.

How to use the buttons and switches on recorder:



Event/Symptom button: Press this button to mark an event/symptom such as heartburn or chest pain. Each time it is pressed it will be confirmed by a beep and the display will be activated showing the current time, the PH level, current body position and when it began, eating or not and when the period began and the icon for the latest event/symptom marked and time of occurrence.



Start meal marker switch: To mark the start of a meal move the meal period switch toward this symbol.



End meal marker switch: To mark the end of a meal move the meal period switch toward this symbol.



Supine/Lying down marker switch: To mark periods when lying down or sleeping move the period switch toward this symbol.



Upright position marker switch: To mark periods when standing or sitting upright, move the period switch toward this symbol.

How to use the Diary:

It is important to record start and end times of symptoms and activities on the diary.

- Start and end time of meals and drinking; *Note the intake of acidic foods since this may be interpreted as reflux.
- Symptoms or “events” such as heartburn, chest pain, coughing or sneezing, burping or regurgitation.
- Start and end time of activities such as sleeping or lying down, walking or jogging.
- Start and end time of being “upright” such as sitting or standing.

The current time may be viewed by pressing the clock button on the recorder.

Safety

- Do not bathe or shower while wearing the recorder.
- Avoid x-rays, mobile telephones, such as cellular phones or cordless phones, CB radios or other forms of radio communication and/or electromagnetic fields. This could affect the performance of the recorder.
- Do not immerse the recorder in water or any other liquid.
- Always keep the recorder within 3 feet of your body.

If you have problems during your study, please call your physician’s office.

Physician: _____

Phone number: _____