



alpHaONE

Patient Instructions and Patient Diary

GASTROENTEROLOGY Wireless pH Capsule Reflux Monitoring System

Patient Instructions

The aim of this pH study is to monitor your normal daily patterns of gastric reflux and how they relate to your symptoms. To ensure the best results, please continue your usual eating, drinking, working and exercise habits. Limit your intake of liquids between meals and avoid prolonged sipping. Refrain from chewing gum or eating hard candy during the study and take care not to expose the recording device to water. Unless your physician instructs otherwise, please avoid taking any antacids or reflux medications during the study.

You are asked to continue your reflux medication during testing. Please record in your diary when you take your reflux medication.

You are asked to discontinue your reflux medication for this test. Please do not take any medication during the testing period.

IMPORTANT

DO NOT SCHEDULE ANY MRI EXAMS WITHIN 30 DAYS OF COMPLETING THE alpHaONE TEST.

- Be sure to keep the contact information of the healthcare facility readily available in case of emergency.
- Do not perform high intensity labor or exercise.
- Avoid eating hard, dry or bulk food.
- Keep away from magnetic resonance imaging (MRI) equipment and any other environments in which a high magnetic field might be present.
- You may take a bath/shower during the testing period, but the recorder must not get wet and must remain within 10 feet of you. Please leave the recorder outside of the shower or tub while bathing.
- Keep the recorder within 10 feet of your chest. If the signal from the capsule is lost (the recorder beeps and displays no signal), move the recorder closer to your chest to recover the communication.
- Pay attention to the low-battery alarm of the recorder (the recorder beeps and displays low battery). Replace the battery as quickly as possible; otherwise, the data recorder will automatically turn off in one hour.
- Check whether the LED of the data recorder is blinking blue at three-second intervals. If it stops blinking, contact your healthcare professional.

After the testing, please return the diary and recorder to:

Person _

Patient Diary

The alpHaONE Capsule test results include recorded information from the capsule along with the information written in the Patient Diary used to note your meals, events and symptoms. Correlations between the changes in the recorded information and the events you document are important for your doctor's interpretation of test results. Record the start and stop time of each event using the time on the recorder's display (HH:MM).



Meal Button: Record all meals, drinks (juices, soda, coffee, tea) and snacks by pressing the Meal Button at the start of the meal, and again at the end of the meal.

Supine Button: Press the Supine Button once when lying down for bed and once again upon rising. Record all up and down times—even quick trips to the restroom at night or lying down on the sofa.

Heartburn Button: Press it once when heartburn occurs, please do not press more than once in 10 seconds.

Cough Button: Press the symptom button once for each symptom, please do not press more than once in 10 seconds.

Belching Button: Press the symptom button once for each symptom, please do not press more than once in 10 seconds.

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Meal Start	Meal Stop	Supine Start	Supine Stop	Heartburn	Cough	Belching	Medication

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Laborie

USA

T +1 800 522 6743

E CustomerCareUSA@laborie.com W laborie.com

