

Appendix 1

Impedance-pH Study - Diet Log

- 1) Patient should sit up (if possible) during oral meals
- 2) Allow only 30 minutes per meal
- 3) No acidic foods or beverages (juices, coffee, carbonated beverages, tomato sauce)
- 4) Allow 4-6 hours between meals
- 5) At least 2 meals per study (preferably 3)

Patient's Name _____ MRN _____ Date of Study _____

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Meal 1 – Meal contents

Date: _____

Time Meal Started: _____

Time Meal Stopped: _____

Study Facilitator Name: _____

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Meal 2 – Meal contents

Date: _____

Time Meal Started: _____

Time Meal Stopped: _____

Study Facilitator Name: _____

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Meal 3 – Meal contents

Date: _____

Time Meal Started: _____

Time Meal Stopped: _____

Study Facilitator Name: _____

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Meal 4 – Meal contents

Date: _____

Time Meal Started: _____

Time Meal Stopped: _____

Study Facilitator Name: _____

(Revised 4/15/2024 FWW)

