

## **BRAVO** PREPARATION INSTRUCTIONS

### **What is an esophageal pH test?**

An esophageal pH test measures and records the pH in your esophagus to determine if you have gastroesophageal reflux disease (GERD). The test can also be done to determine the effectiveness of medications or surgical treatment for GERD.

A valve called the lower esophageal sphincter (LES) controls the passage of food from the esophagus to the stomach when you swallow. It remains tightly closed except when you swallow food. When this muscle fails to close or opens spontaneously, the acid, bile and food contents of the stomach can travel backward into the esophagus. The esophageal pH test measures how often stomach contents reflux into the lower esophagus and how much acid the reflux contains.

### **How does the Bravo esophageal pH test work?**

At the time of esophagogastroduodenoscopy (EGD), a small capsule, about the size of a gel cap, is temporarily attached to the wall of the esophagus. The capsule measures pH levels in the esophagus and transmits readings via a small radio transmitter in the capsule.

The transmitter sends signals to the receiver (about the size of a tape measure) worn on your belt or waistband. The receiver has several buttons on it that you will press to record symptoms of GERD, such as heartburn, regurgitation, chest pain, cough, belch, or other. You will also be asked to maintain a diary to record certain events such as when you start and stop eating and drinking (anything but water is considered a meal), when you lay down, and when you get back up. This will all be explained by the nurse and/or medical assistant prior to your exam.

### **How do I prepare for the Bravo esophageal pH test?**

Let your doctor know if you have an implanted electronic device such as a pacemaker or implantable cardiac defibrillator (ICD), a history of bleeding problems, dilated blood vessels, a nickel allergy, or any other previously known problems with your esophagus. Follow the Bravo pH preparation sheet you received for further instruction and medication guidelines.

**Please note:** Hold PPI for 5-7 days prior to your procedure or as directed by your doctor.

### **Please follow these instructions carefully!**

#### **PREPARATION FOR YOUR PROCEDURE**

- **Continue all** aspirin and anti-inflammatory medications including ibuprofen, Motrin, Aleve, naproxen, Naprosyn, sulindac, piroxicam, Feldene, indomethacin, diclofenac, and Voltaren. Tylenol (acetaminophen) is also safe to continue unless otherwise specified by our office.
- If you are taking anticoagulants or blood thinners (Lovenox, Heparin, Coumadin/warfarin, Eliquis/apixaban, Pradaxa/dabigatran, Xarelto/rivaroxaban, Plavix/clopidogrel) we **REQUIRE** an office visit prior to your procedure to discuss use of these medications. Instructions regarding interrupting these medications will be provided at your office visit. Please reach out to us if you have not had an office visit to discuss anticoagulation.
- If you are diabetic and use insulin, please contact our office for insulin instructions.
- Call our office if you have any questions about which medications that you should or should not take.

**CALL MON-FRI 7 AM – 5 PM  
OR CALL OUR AFTER HOURS NUMBER**

**Meridian Endoscopy Center      (208) 695-2100  
After Hours                              (208) 343-6458**

#### **THE DAY OF THE PROCEDURE**

- **Do not eat any solid food for 8 hours prior to the procedure.** You may consume clear fluids including juice (apple, grape, strained orange, strained lemonade), tea, coffee (no milk or creamer), soft drinks, sports drinks (Gatorade, Powerade), clear broth or bouillon, Jell-O, and Popsicles.

- **DO NOT take anything by mouth, INCLUDING WATER, for 4 hours prior to your procedure except medications – this is very important. Drinking less than 4 hours before your procedure may result in delay or cancellation of your procedure!**
- Take your usual prescribed medications with small sips of water.
- If you are on blood thinners, please see instructions above.
- Loose dentures may be removed prior to the procedure.
- Please bring a list of your current medications and correct dosage to your appointment.
- **NO DRIVING** – Because of the sedatives that you will be given **you cannot drive for the remainder of the day.** You need to have a responsible driver to take you home after your procedure. If your driver wishes to discuss the results of your procedure with the doctor, please have them accompany you to your procedure and **remain on site.** We do not recommend Uber, Lyft, or taking a taxi. These are not acceptable forms of transportation post-sedation unless *Rideshare Acknowledgement and Release Form* was signed prior to the procedure.
- You will be sedated for your procedure. **Please avoid alcohol and making legal decisions for the remainder of the day after your procedure.**

#### AFTER THE PROCEDURE

- The purpose of the bravo pH capsule is to monitor the Esophagus for reflux.
- Do not chew gum or eat hard candy.
- The receiver **MUST** always stay within three feet of you.
- If you take a shower, keep it outside the shower stall. **DO NOT GET THE RECORDER WET.** Do NOT ignore beeping. That means the recorder is out of range and needs to be reconnected before losing connection.
- The three default symptom buttons on the receiver are for Heartburn, Regurgitation, and Chest pain. (Use the top button for the patient's main symptom, and assign other buttons as needed.) Press the corresponding button when you have a symptom. (Please try to press the button as soon as you feel the symptom.)
- **Write the start time when you have a symptom** in the diary.
- **Write the times when you start a meal and when you end a meal** in the diary. Please use the clock on the receiver for the time.
- **Write the times when you lie down, and when you get up** in the diary. This includes when you sit in a recliner at less than 45 degrees or using the restroom during the night. Please use the clock on the receiver.
- If the receiver loses the signal, it will beep for 30 seconds. You will see "C1" flashing on the screen where the time is located. When the screen is flashing, there is no communication. Hold the receiver to your chest until the time returns and the beeping stops. This can take up to 30 seconds. If the time continues to flash, try moving the receiver to a different area. **You have 30 seconds before the recorder will lose signal and stop recording.**
- **After 48 hours the receiver will automatically turn off and the time display will be blank. The recording will be stored even when the recorder loses battery.**
- **The Capsule should fall off the esophagus in 5 - 7 days. You do not need to retrieve the capsule. Please return the receiver and diary 48 hours after your procedure is finished or as specified in your diary. \*No longer than 3 days unless on a weekend and then the following Monday.**
- **PLEASE BE SURE TO BRING YOUR DIARY WHEN YOU RETURN THE RECEIVER TO THE DEPARTMENT.**
- **No MRI for 30 days. If you must have an MRI, we recommend an x-ray, to determine if the capsule is present. Unless the capsule was visually seen in the stool.**

You are scheduled with Dr. \_\_\_\_\_

Report at Meridian Endoscopy Center, 2235 East Gala Street, Meridian on \_\_\_\_\_

**Your procedure time will be approximately 90 minutes from the scheduled check-in time to discharge for procedures in the Meridian Endoscopy Center. Please coordinate with your driver to alleviate delays in discharge.**

**We cannot be responsible for your valuables (*watches or various jewelry items*). Please leave them at home.**

**Bring all insurance cards and a photo ID with you. Please check with your insurance company regarding prior-authorization. Fee for services are required at time of check-in. Please be prepared to make a payment.**

# Frequently Asked Questions

## What will happen if I eat or drink a few hours or right before my procedure?

Your procedure may be cancelled. Our primary concern is for your health and safety. We give you a sedative to help you sleep during your procedure.

Eating or drinking before your procedure increases your risk of aspiration. (*Aspiration occurs when food or liquid enters your lungs.*)

You must refrain from eating or drinking 4 hours prior to your procedure.

## What liquids are included in a clear liquid diet? Can I have applesauce?

A clear liquid diet consists of liquids that are clear. Liquids such as: Black coffee (*no cream*), Tea, Jell-O, Popsicles, broth, consommé, juice, Sport's Drinks, or Soft Drinks.

Applesauce, oatmeal, milk, ice cream, or purées are **NOT** considered clear liquids.

## How do I know when my bowel preparation is complete? How do I know if it worked?

For the best results, only drink clear liquids (*no solid food*) the entire calendar day before your exam. Your stool should look similar to the liquids you have been drinking, clear or yellow without any stool particles.

If you have completed your entire preparation and you are still passing formed stool or dark brown fluid, your procedure may need to be rescheduled. Please contact our office.

**MON-FRI 7 AM – 5 PM  
OR CALL OUR AFTER HOURS NUMBER**

Meridian Endoscopy Center	(208) 695-2100
Boise Endoscopy Center	(208) 342-7169
Canyon County Endoscopy Center	(208) 954-8218
Main Office and After Hours	(208) 343-6458

## What if I start to vomit while drinking the colonoscopy preparation solution?

If you develop symptoms of nausea or vomiting, stop drinking the preparation for 30 minutes. After 30 minutes, resume slowly drinking the preparation. If you are not able to consume the entire preparation, please call our office at the numbers listed on the front page.

*Tip: Refrigerate the solution, use cold water for mixing, drink through a straw, or consume mint or ginger to prevent nausea.*

# Frequently Asked Questions

Continued

## Can I drink alcohol during the day of the bowel preparation?

**No.** Consuming alcohol causes dehydration which will compound the dehydration caused by the bowel preparation. It is important to drink plenty of water or clear liquids to remain hydrated.

## How does constipation affect the bowel preparation?

Constipation is a consistent factor that causes a poor preparation for a colonoscopy. Starting the colon preparation when you are constipated can make you sick and will result in a poor preparation. If this occurs, you may have to reschedule.

**If you do not normally have at least one bowel movement daily, then you may need special preparation instructions.** Please contact our Main Office number as soon as possible to discuss preparation options.

## Can I have a colonoscopy if I am having my menstrual cycle?

Yes. Menstruation does not interfere with a colonoscopy procedure.

## Can my spouse, family member, or friend come in with me during the procedure and watch?

No. The physician will speak with your family or responsible adult following the procedure.

## Why can't I drive after my appointment? Does my driver have to stay the entire time I am there?

Colonoscopies and upper endoscopies require sedation to provide comfort to the patient. Sedation will also cause grogginess and slow reflexes for up to 12 hours. This is why you cannot drive your car or perform activities that require quick reflexes or good judgement until the following morning. It is necessary for you to arrange for a responsible adult to safely drive you home after your procedure. If you are taking a taxi, Uber, or Lyft, your driver will not meet with the physician and will be summoned when you are ready to leave the facility. **If you do not have a responsible party to drive you home, your procedure may be rescheduled.**

*Tip: IGA has a form called the Rideshare Acknowledgement and Release that you must sign if you choose to use a service such as a taxi, Uber, or Lyft.*

## What can I expect during my procedure?

When you arrive the day of your procedure, an IV will be placed into your right arm or hand and your medical history will be reviewed.

During the procedure, we lay you on your left side. If you are unable to lay on your left side, we need to know prior to your procedure. Please call our office so we can plan accommodations. An Upper Endoscopy takes about 15 minutes, and a colonoscopy takes about 20-45 minutes.

Once your procedure is finished, your recovery time is about 30 minutes. Once you are discharged, you may resume your regular diet unless otherwise indicated.