

BRAVO
PREPARATION INSTRUCTIONS

Please follow these instructions carefully!

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.

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.

PREPARATION FOR YOUR PROCEDURE

- **Hold PPI for 5 days prior to your procedure or as directed by your physician.** – Omeprazole, Prilosec, Esomeprazole, Nexium, Lansoprazole, Prevacid, Rabeprazole, AcipHex, Pantoprazole, Protonix, Dexlansoprazole, Dexilant
- **Hold H2 Blockers for 2 days prior to your procedure unless otherwise directed by your physician.** – Famotidine, Pepcid AC, Zantac 360, Cimetidine, Tagamet HB, Nizatidine, Axid AR
- **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 have diabetes or are taking medications for weight loss, use the following instructions:**
 - Fasting (going without food) is required for this procedure, monitor your blood sugar and follow these directions:
 - Insulin Pump: Leave on, if you have questions refer to your endocrinologist.
 - Long-acting Insulin: Do not take the morning of your procedure.
 - Short-acting insulin: dose as necessary with blood sugar monitoring.
 - Oral diabetic medication: do not take the morning of your procedure.
 - GLP1: Do not take the day of your procedure (may take day before or day after).
 - If you are concerned about your blood sugar dropping, consider purchasing glucose tablets.

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

Meridian Endoscopy Center	(208) 695-2100
Boise Endoscopy Center	(208) 342-7169
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 eat or drink ANYTHING 4 hours prior to your procedure. This also means NO water other than to take your 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, except for PPI/H2 Blocker, with small sips of water

GENERAL INSTRUCTIONS FOR ALL PATIENTS

- Loose dentures will 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

- Follow instructions on Bravo Diary
- **After 96 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 96 hours after your testing is finished or as specified in your diary. *No longer than 5 days.**
- **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 _____ on _____ to:

_____ Boise Endoscopy Center, 425 West Bannock Street, Boise

_____ Meridian Endoscopy Center, 2235 East Gala Street, Meridian

BIG TAKE-AWAYS

- Clear liquids only 8 hours prior to your exam – that means no solid food – liquids **only**. Stop drinking all liquids 4 hours before procedure. – we need your stomach empty to safely use sedation.
- You may not remember your conversation with your doctor after your procedure – we STRONGLY recommend your driver stays IN our facility to speak with the doctor after your test

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 is required at time of check-in. Please be prepared to make a payment.

IGA recognizes that your time is valuable, and so is ours. If you need to cancel or reschedule an appointment, please do so more than 48 hours prior to your scheduled appointment arrival time at 208-343-6458. Late cancellations and no shows may be assessed a \$200 fee.