

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 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
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 with small sips of water.

- 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 _____ 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**.
- PLEASE do not drink water or anything while driving to your appointment or waiting for your appointment – 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.