

Bravo Esophageal pH Monitoring Test

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1. We recommend **NO SOLID FOOD AFTER MIDNIGHT** the night before your procedure. We also recommend **NO LIQUIDS AFTER** _____ on the day of the exam.
 2. The **ALLOWED LIQUIDS** are:
 - * Broth * Bouillon * Water * Black Coffee * Tea
 - * Clear Juice * Jello*Artificial sweeteners are okay and all of the allowed liquids should NOT be red or purple in color. Please do not drink **ANY MILK PRODUCTS** as well.
 3. Please fill out "pre-anesthesia" evaluation form and bring it with you on the day of your procedure. You will not be sedated and will be able to drive yourself home.
 4. Please be sure to bring your insurance cards and a picture ID in with you the day of your procedure.
 5. Do not take any of your medication the day of the procedure. Bring all your medication along with you and take them afterwards. This includes patients who are diabetic and are on insulin.
 6. Please let us know if you are **DIABETIC** or have any **HEART PROBLEMS** (including heart murmur).
 7. Please let us know if you are taking **ARTHRITIS MEDICINE, BLOOD THINNERS (COUMADIN, PLAVIX), ASPRIN OR IRON TABLETS**, as you will have to stop these 5 days before your procedure.
 8. You may continue to take any of the following acid blockers: _____
Do not take any of the following acid blockers: _____
You can take the following up to 24 hours prior to the procedure: _____
 9. Do not take any of your **MEDICATIONS** the day of the procedure. Bring all medications along with you to take after the procedure. This includes patients who are diabetic and are on insulin.
 - Park at the Ambulatory Surgical Center/Eye Institute. Check in at the Surgery waiting room on the 1st floor (next to the optical shop).
- OR
- Park at West Florida Hospital. Check in at the information desk located at the main entrance of the hospital.

DATE: _____ **TIME:** _____

IF YOU HAVE ANY QUESTIONS PLEASE CALL

(850) 474-8428 OR (800) 874-4542 ext. 8428

BRAVO ESOPHAGEAL PH MONITORING TEST

DESCRIPTION:

Bravo Esophageal pH Monitoring System Study allows your physician to analyze how often acid from the stomach backs-up or refluxes into the esophagus. The physician sprays your throat with a numbing medication, then attaches the Bravo capsule to the lining of the esophagus.

Over a 48-hour period, the Bravo capsule is able to continuously measure the acid level in the lower esophagus. These measurements are recorded for 48 hours on the Bravo data receiver. The study can evaluate symptoms of persistent upper abdominal/chest pain or burning, tightness in the chest frequently known as heartburn.

The Bravo System consists of two primary components:

- ◆ A *small pH capsule* about the size of a gel cap that is attached to the wall of these esophagus and transmits data to the receiver.
- ◆ A *pager-sized receiver* worn by the patient that receives pH data from the Bravo capsule. After the test is completed, data from the receiver is downloaded to pH analysis software using infrared technology.

DURING THE TEST:

A tube loaded with the Bravo capsule is advanced into the esophagus and the probe is secured. Some patients do experience a mild gagging feeling and a few patients may have a mild feeling of discomfort as if something is caught in their esophagus or chest. The Bravo capsule study lasts 48 hours, although when the capsule falls off it is more variable (1-2 weeks).

AFTER THE TEST:

Before being discharged from the GI Lab, you will be instructed on how to operate the Bravo data receiver. For the most part, you will push one of the three buttons on the receiver to make the time you experience a gastric symptom. You will be instructed how to fill out a diary-activity sheet to keep track of your symptoms, food intake, lying down positions, and sleeping/awake times.

Unless otherwise instructed, you will be able to resume your diet and take your routine medications after you leave the GI Lab. You should be able to resume your normal activities after the placement of the Bravo capsule.

Once home, it is important for you to recognize signs and symptoms that need to be reported to your physician. These symptoms are: difficulty swallowing, worsening throat pain (a mild sore throat is normal), chest pains, severe abdominal pain, fevers (above 100.5), chills or dark stools.

TEST RESULTS:

At the completion of 48 hours, you must plan the return to the GI Lab to return the Bravo data receiver and your diary/activity sheets. The acidic measurements will be taken from the monitor, summarized by a computer, and evaluated by your physician.

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office at

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