

Bravo instructions.

48-hour esophageal pH test

Location information

3800 Reservoir Rd. NW,
Main Building, 2nd Floor, Room M2210
Washington, DC 20007

For procedure questions call **202-444-8541**. To reschedule a procedure call **202-295-0570**.

Arrive 1 hour prior to your scheduled procedure time.

Bring with you

- Referral (if applicable). Fax to **202-444-4211** prior to your procedure, if possible.
- Your current insurance card(s), co-pay (if applicable), and a government-issued picture ID.
- A list of ALL of your current medications and allergies.

Important notes

We require a refundable \$500.00 check as a security deposit for the equipment, which will be requested upon check in. Please make the check out to "MedStar Georgetown University Hospital." Your check will not be deposited unless you do not bring the equipment back within 5 business days of completing your Bravo study. Once you return the equipment, your check will be returned as well.

Medical conditions

Prior to your procedure, let your GI physician know if you have a pacemaker or implantable heart defibrillator, a history of bleeding problems, dilated blood vessels, and any other previously known problems with your esophagus.

How does the bravo esophageal pH test work?

A small capsule, about the size of a gel cap, is temporarily attached to the wall of the esophagus during an upper endoscopy. The capsule measures pH levels in the esophagus and transmits readings by radio telecommunications to a receiver (about the size of a pager) 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. (The nurse will tell you which symptoms to record.) You will be asked to maintain a diary to record certain events such as when you start and stop eating and drinking, when you lay down, and when you get back up.

The nurse will provide further information at the time of your procedure.

Important medication information

- **7 days before the procedure:**
Do not take Proton Pump Inhibitors: omeprazole (Prilosec), lansoprazole (Prevacid), rabeprazole (Aciphex), pantoprazole (Protonix), esomeprazole (Nexium), Zegerid (immediate release omeprazole), and Kapidex (Dexilant).
- **2 days before the procedure:**
Do not take H2 blockers: ranitidine (Zantac), cimetidine (Tagamet), famotidine (Pepcid), nizatidine (Axid); or the promotility drug metoclopramide (Reglan).
- **12 hours before the procedure:**
Do not take antacids (Alkaseltzer, Gaviscon, Maalox, Milk of Magnesia, Mylanta, Phillips, Riopan, Tums).

Do not eat or drink after midnight the night before your procedure.

Day of your procedure

Do not eat or drink anything. This includes candy, lozenges, or gum.

Medications: Take blood pressure and heart medications with a small sip of water, if applicable.

Please note: Your physician may want you to continue taking a certain medicine during the monitoring period to determine if it is effective.

During the monitoring period...

- Follow your usual daily routine. Do not reduce or change your activities during the monitoring period as that can cause inaccurate results.
- The receiver is NOT waterproof. A quick shower is okay, however, please note that the receiver may lose communication. It is recommended that the receiver is placed in ziplock bag and placed within range(2ft).
- **Eating:** It is important to eat during the monitoring period, your stomach will not produce acid as usual, and the test results will not be accurate if nothing is eaten.
 - Eat at least two meals a day. Consume foods that tend to increase your symptoms.
 - Avoid snacking. Do not suck on hard candy or lozenges, or chew gum.
- **Body position:** Remain upright throughout the day as much as possible. Lie down or nap if needed.
- **Medicines:** Follow your doctor's advice regarding medicines to avoid.
- **Recording symptoms:** Press the appropriate button on the receiver when symptoms occur.
 - Record the start and stop time for eating and drinking (anything other than water).
 - Record the time you lay down (even if just resting) and when you get back up.

If you are experiencing any side effects or unusual symptoms, please call:

202-444-8541, Monday-Friday, 8:30 a.m. to 5 p.m. and ask to speak to a nurse.

202-444-7243, Monday-Sunday, 5 p.m. to 8:30 a.m. and ask for the GI fellow on call.

Returning the receiver

Return the receiver and diary when the monitoring period is over.

The information on the receiver and diary will be downloaded to a computer and the results will be analyzed.

Post-procedure

Resume your normal diet and medications.

Your results will be discussed during your next scheduled appointment.

The disposable pH capsule will detach and pass through the digestive tract in 7 to 10 days, on average, with normal activities.

No MRI exams (magnetic resonance imaging) should be performed for 30 days post-procedure.

**It's how we
treat people.**