

48-Hour BRAVO Esophageal pH Prep Instructions

Patient Name:

Gastroenterologist:

Date/Time of Procedure: _____ **Arrive:** _____

Report to Main Building, 2nd Floor, Room M2210

Hospital Address: 3800 Reservoir Rd. N.W., Washington, D.C. 20007

Instructions:

Attached are detailed instructions as well as a checklist to help you prepare for your procedure. Please read the instructions in their entirety and use the checklist as a guide to help ensure a complete prep for your procedure.

Procedure Checklist

Before you start:

- If you have questions concerning your current medications, call 202-444-8541 and select option 4 to speak to a nurse.
- Make arrangements for a responsible adult or medical transport to drive you home after your procedure.
 - You may not use a bus, a taxi, or a ride share application, such as Uber, without a responsible adult to accompany you to your home
 - You are not to drive for the remainder of the procedure day.
- You should expect to spend up to 4 hours in our department on the day of your procedure.
- Let your doctor 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. To do this, please call 202-444-8541 and select option 4 to speak to a nurse.
- If your insurance company requires a referral, you must bring it with you or fax it to 202-444-4211 prior to your scheduled procedure date.
- Bring your current insurance card(s), deposit, and a current picture I.D. with you.
- Bring a list of ALL of your medications and allergies, a copy of your most recent medical evaluation, and a copy of your EKG if you had one recently.
- Wear a shirt or blouse which opens in the front so that it is easier to dress after the probe is placed and leave your valuables at home.

****Please note:** Because we allow you to leave the hospital campus with the equipment, we do require a **deposit in the amount of \$500.00**. The deposit or a copy of your credit/debit card will be requested when you check in for your procedure in the endoscopy waiting area room M2210. Although we accept all credit cards, the only deposit card that we accept is visa. If you choose to leave a check, please make it out to "MedStar Georgetown University Hospital." **Please note that you will not be charged for anything unless you do not bring back the equipment**. Once you return your equipment, we will give you back your deposit, as well as a receipt.**

****If you have any questions or need to reschedule your procedure, please call 202-444-8541 and select option 1 to reschedule or option 4 to speak to a nurse Monday- Friday from 8:30am to 5:00pm. If you have any urgent question between 5:00pm-7:30am please call 202-444-7243 and ask to speak to the GI fellow (a physician) on call.***

Detailed Procedure/Test Instructions

7 days before your procedure:

- ❑ **Do not take Proton Pump Inhibitors:** omeprazole (Prilosec), lansoprazole (Prevacid), rabeprazole (Aciphex), pantoprazole (Protonix), esomeprazole (Nexium), Zegarid (immediate release omeprazole), and Kapidex (Dexilant).

Two days before your procedure:

- ❑ **Do not take H2 blockers:** ranitidine (Zantac), cimetidine (Tagamet), famotidine (Pepcid), nizatidine (Axid); or the promotility drug metoclopramide (Reglan).

12 hours before your procedure:

- ❑ **Do not take antacids:** such as Alkaseltzer, Gaviscon, Maalox, Milk of Magnesia, Mylanta, Phillips, Riopan, Tums, or any other brand.

Day of your procedure:

- ❑ Do not eat or drink anything after midnight. This includes candy, lozenges, or gum.
- ❑ **Medications to take the day of the procedure:**
 - Blood pressure and heart medications with a small sip of water
 - Your other medications can be held until after your procedure.
 - **Please note:** Occasionally, your doctor might want you to continue taking a certain medicine during the monitoring period to determine if it is effective.
- ❑ Arrive 1 hour before the scheduled time.
- ❑ If your insurance company requires a referral, you must bring it with you or fax it to 202-444-4211 prior to your scheduled procedure date.
- ❑ Bring your current insurance card(s), deposit, and a current picture I.D. with you.
- ❑ Bring a list of ALL of your medications and allergies, a copy of your most recent medical evaluation, and a copy of your EKG if you had one recently.
- ❑ Wear a shirt or blouse which opens in the front so that it is easier to dress after the probe is placed and leave your valuables at home.

During the procedure:

- ❑ **Activity-** Follow your usual daily routine.
 - Do not reduce or change your activities during the monitoring period. Doing so can make the monitoring results less useful
- ❑ **The receiver is NOT waterproof-** If you shower or bathe, keep the receiver away from water yet do not allow it to get out of range.
 - Place the receiver in a ziplock bag to minimize exposure to water.
- ❑ **Eating**
 - Eat your regular meals at the usual times. If you do not eat during the monitoring period, your stomach will not produce acid as usual, and the test results will not be accurate.
 - Eat at least two meals a day.
 - Eat foods that tend to increase your symptoms (without making yourself miserable).
 - Avoid snacking.
 - Do not suck on hard candy or lozenges, and do not chew gum during the monitoring period.
- ❑ **Laying down-** Remain upright throughout the day.
 - Do not lie down until you go to bed (unless napping or laying down during the day is part of your daily routine).
- ❑ **Medicines-** Continue to follow your doctor's advice regarding medicines to avoid during the monitoring period.
- ❑ **Recording symptoms-** Press the appropriate button on the receiver when symptoms occur (as discussed with the nurse).
 - Record the time you start and stop eating and drinking (anything other than plain water).

- Record the time you lay down (even if just resting) and when you get back up.
 - The nurse will explain this.
- **Unusual symptoms or side effects-** If you think you might be experiencing any unusual symptoms or side effects, please call 202-444-8541 and select option 4 to speak to a nurse.

You will 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. Preliminary study data will be reviewed with you if you desire.

After completion of the procedure:

- Resume your normal diet and medications
- Your doctor will discuss the results of your test with you during your next scheduled appointment.
- Normal activities- such as swallowing, eating, and drinking- will cause the disposable pH capsule to detach and pass through the digestive tract in 7 to 10 days on average.
- No MRI exams (magnetic resonance imaging) should be performed for 30 days following capsule insertion.

Procedure Information

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 medicines or surgical treatment for GERD.

What is esophageal reflux?

Esophageal reflux is a condition in which stomach acid refluxes or moves back into the esophagus (the “food pipe” leading from the mouth to the stomach).

What happens during esophageal reflux?

A specialized muscle, called the lower esophageal sphincter, is located where the esophagus meets the stomach. This sphincter opens to allow food and liquid to pass into the stomach, then closes. When the sphincter does not close tightly, food particles, stomach acid, and other digestive juices can splash back up into the esophagus. This is called gastroesophageal reflux. When reflux occurs on a regular basis, it can cause permanent damage to 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?

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. This will be explained by the nurse.

Frequently Asked Questions

How do I get to your office?

Please visit: www.MedStarGeorgetown.org/GIDirections for detailed directions.

My procedure is in the afternoon. May I eat or drink in the morning?

No. To ensure your safety during the procedure, it is important that the stomach is empty. Any food or liquid in the stomach at the time of the procedure places you at risk of aspirating those contents into the lung leading to a serious complication called aspiration pneumonia.

I ate breakfast (lunch or dinner) the day before my colonoscopy. Is that okay?

If the preparation instructions were not followed properly, residual stool may remain in the colon and hide important findings from the examining physician. In some cases, if the colon preparation is not good, you may have to repeat the preparation and the exam. If you accidentally eat any solid food the day before your exam, please call 202-444-8541 and select option 4 to speak with a member of the nursing staff. You may be asked to reschedule your procedure.

I don't have a ride. Is that okay?

It depends on how the catheter is being placed. You do NOT need a ride if you are having the catheter manually placed. This procedure is performed using a topical anesthetic – a medication which numbs the inside of your nose and possibly your throat. You will be able to drive yourself home after this procedure.

If you are having an upper endoscopy (also called an EGD) to place the catheter, you will be given anesthesia which will put you to sleep. In this case, you MUST have a responsible adult to accompany you home otherwise your PROCEDURE WILL BE CANCELLED! This is a patient safety and legal liability issue and is not open for negotiation. You will be sent instructions for both the pH monitoring AND the EGD if this is how you are scheduled.

How many days prior to my procedure should I discontinue my Coumadin, Plavix or other blood thinning medications)?

The decision to stop or continue blood thinners needs to be discussed between your endoscopist and the physician that prescribes the blood thinner prior to your procedure. The prescribing physician decides if it is safe to hold the medication. You need to call us and your prescribing physician urgently if you have not discussed holding or continuing your blood thinner prior to your procedure. This does not include aspirin.

What medications am I able to take the day before and the day of my procedure?

The day prior to your procedure take your medications the way you normally would. However, for those patients taking any type of bowel cleansing preparation, be advised that you may undergo a prolonged period of diarrhea that may flush oral medications out of your system before they have time to take effect. *The morning of your procedure you should take any blood pressure or heart medications you may be on with a small sip of water.* You can hold most other medications and take them once your procedure has been completed. If you have questions about a specific medication(s), please call a member of our clinical staff at 202-444-8541 and select option 4.

I am diabetic. Do I take my insulin?

You must direct that question to the physician who placed you on this medication. Please check your blood sugar the morning of your procedure as you normally would. If you have any questions about your diabetes management in conjunction with your fast for your endoscopic procedure, please consult with your primary physician.

I am on pain medication. Can I take it prior to my procedure?

Many prescription pain medications can adversely affect the medications we use for sedation and for that reason we recommend that the day of your procedure you delay taking your pain medication until after your procedure has been completed. If you have any questions, please call a member of our clinical staff at 202-444-8541 and select option 4.

I am having my menstrual period. Should I reschedule my colonoscopy appointment?

No. Your menstrual period will not interfere with your physician's ability to complete your procedure.

May I continue taking my Iron tablets?

No. Iron can cause the formation of dark-colored stools which can make it difficult for the physician to complete your colonoscopy if your preparation is less than optimal. We recommend you stop taking your oral iron supplements at least one week prior to your procedure.

I have been on Aspirin therapy for my heart. Should I continue to take it?

Aspirin may affect blood coagulation. However, we do not generally recommend stopping Aspirin prior to our endoscopic procedures.

Can the physician change, add, or delete my diagnosis so that I can be considered eligible for a preventative/screening colonoscopy?

No. Your encounter is documented as a medical record based on the health information you have provided and any information/findings obtained during your procedure. It is a binding legal document that cannot be changed to facilitate better insurance coverage.

What if my insurance tells me the physician can change, add, or delete a CPT or diagnosis code?

Your insurance may tell you that if your colonoscopy was coded as a screening, it would have been covered. However, the "screening" diagnosis can only be amended if it applies to you. Most insurance carriers only consider a patient over the age of 50 with no personal or family history and no past or present GI symptoms as "screening". If you receive this information from your insurance, please document the date, name, and phone # of the representative and contact our billing department. We will perform an audit of the billing and investigate the information you were given to ensure proper billing.