



## BRAVO TESTING

### WHAT IS IT?

The Bravo pH monitoring system is a simple way to evaluate gastroesophageal reflux symptoms. The Bravo capsule will continually measure the pH levels in your esophagus and will wirelessly transmit data to the Bravo pH recorder that is worn on your belt.

### HOW DOES IT WORK?

Your physician will place the miniature pH capsule into your esophagus while under anesthesia. The capsule only takes a moment to be placed and is temporarily attached to the wall of your esophagus. The capsule will monitor your symptoms as you resume your regular activities. Once the test is completed, you will need to return the recording device to our office. Your physician will be able to download your results for analysis and diagnosis.

### WHAT TO EXPECT:

You will receive a diary from our office and will be asked to write down the times you eat, lie down and feel symptoms such as coughing, heartburn and regurgitation. This information is important for diagnosing issues.

### PREPARING FOR THE TEST:

**\*UNLESS OTHERWISE INSTRUCTED BY YOUR PROVIDER, PLEASE FOLLOW THE FOLLOWING INSTRUCTIONS\***

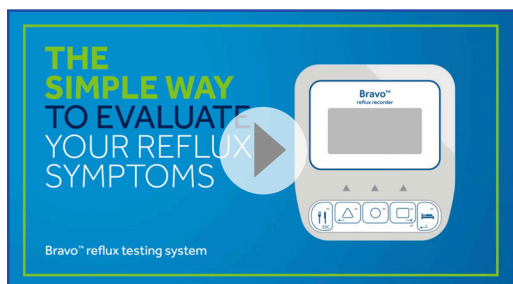
- **Seven days before** the monitoring period, don't take proton pump inhibitors such as Omeprazole (Prilosec), lansoprazole (Prevacid), rabeprazole (Aciphex), pantoprazole (Protonix) or esomeprazole (Nexium).
- **Three days (72 hours) before** the monitoring period, don't take the H<sub>2</sub> blockers ranitidine (Zantac), cimetidine (Tagamet), famotidine (Pepcid), nizatidine (Axid); or the promotility drug, metoclopramide (Reglan).
- **Twenty-four hours before** the monitoring period, don't take antacids (such as Alka-Seltzer, Gaviscon, Maalox, Milk of Magnesia, Mylanta, Phillips, Riopan, Tums (or any other brands).

### FREQUENTLY ASKED QUESTIONS:

- **Will the test restrict my diet or activities?**  
No. Thankfully, the capsule is small so you will be able to go about your daily routine and eat/drink as you normally would. Also, because the system is wireless, you will be able to move around as long as you stay within 3 ft of the recording device. When you bathe or sleep, the device can stay on a nightstand or right outside of your shower.
- **What happens after the test?**  
The capsule is disposable and will fall off the wall of your esophagus. It will pass naturally with your bowel movement.
- **Why test for this?**  
Chronic heartburn occurs more than once per week and may be associated with a more serious problem, like gastroesophageal reflux disease (GERD). This can lead to more serious medical problems such as difficulty swallowing, narrowing of the esophagus or Barrett's esophagus.

### FOR MORE HELPFUL INFORMATION, FEEL FREE TO WATCH THESE VIDEOS:

#### English Video:



#### Spanish Video:

