

BRAVO Capsule for Esophageal pH Monitoring

About the Test:

BRAVO pH Test is performed to test for gastro-esophageal reflux disease (GERD). BRAVO is a catheter free pH monitoring device that assists in evaluating the frequency and severity of your acid reflux disease. The BRAVO capsule is placed in the lower or upper esophagus; this may be done at the time of an upper endoscopy (EGD), or at a later time. The capsule will transmit information to a pager-sized receiver worn on your waistband for 24 - 48 hours. You will be given a diary to write down your symptoms during this period. BRAVO is generally completely painless although some patients say they have a vague sensation that "something" is in their esophagus. After the test is completed you will return the receiver and diary to the GI Endoscopy Suite. Then the data are analyzed. BRAVO is an extremely safe and highly effective diagnostic tool.

5 Days before the Test:

Unless differently instructed, please discontinue all acid blocking medications (Aciphex, Nexium, Pepcid, Prevacid, Prilosec, Protonix, Tagamet, Zantac, etc.).

It is okay to use short-acting antacids (Maalox, Mylanta, Roloids, Tums, etc.) until the day before the test if you are having discomfort.

During Capsule Placement in Conjunction with an Endoscopy

At the end of the endoscopy a small catheter will be passed into the esophagus and will be deployed to deliver the BRAVO capsule to the desired location. Most patients doze throughout the procedure and, because of the sedation, do not remember much.

During Capsule Placement without an Endoscopy

Your throat may be sprayed with a numbing medication so that you do not gag, and you will be asked to remove any dental appliances. You will be lying on your left side for the procedure. A small catheter will be passed through your mouth that will deliver the BRAVO capsule to the desired location in the esophagus.

After Your Procedure

When your throat is no longer numb you will be able to drink liquids and will be able to eat as soon as you leave the Center. Once you are steady on your feet you will be able to go home; this is usually after about 30 minutes if you were sedated. We will give you all of your discharge instructions in writing.

Patient Instructions for pH Study

- You may resume your normal diet as soon as you leave the Center. Eat normally; try to have three good sized meals per day. Don't eat many small meals or snack frequently. It's good to eat at least one fatty meal. Log your meal times on the diary; don't write what you ate, just when.
- Try to drink liquids only at mealtime. Don't sip water or other liquids throughout the day, as this will essentially wash acid off the probe. If you do have a drink (coffee, soda, juice etc.) separately from a meal, log it on the diary as a meal.
- Approximately 5% of patients may feel the capsule. It may feel like a mild pressure in the chest, or it may feel slightly uncomfortable when you swallow food. Do not worry if this happens to you. If you experience severe pain or inability to swallow you should us.
- The receiver needs to be within 3 feet from you to record data; to alert you, it will beep if it is out of range. The BRAVO receiver is a very expensive piece of medical equipment; please be very careful not to get it wet or drop it. Please take it off your belt prior to using the bathroom. You may take a shower; just leave the receiver two or three feet outside of the shower.
- Occasionally you may come in contact with electrical currents that can interfere with the receiver, such as a hairdryer, an old computer, or a radio tower. The receiver will beep if it has interference; just move away from whatever is interfering and re-establish the connection by placing the receiver over your chest until the beeping stops.
- Do not take any antacids during the study unless instructed by your physician. (Maalox, Mylanta, Tums, Roloids, Zantac, Tagamet, Pepcid, Axid, Prilosec, Nexium, Prevacid, Aciphex, Protonix, etc).
- Sleep - Log on your diary when you are lying nearly completely flat; if you are sleeping with your head elevated on the couch or in a reclining chair this does not count.
- The capsule will fall off in 5 to 7 days and pass through your digestive system naturally. If you need an MRI within 30 days of the capsule being placed, please inform the physician so they can make sure the capsule has completely passed from your body.