



Western Washington
Medical Group

Gastroenterology

Bravo Esophageal pH Monitor

DATE: _____

TIME: _____

Description

This test is done to see if you have abnormal amounts of acid coming back up into your esophagus as the cause of your symptoms. For this study, the physician performs an Upper Endoscopy to assist in the Bravo capsule placement. Upper Endoscopy uses an endoscope, a flexible tube about the thickness of your little finger with a tiny light and camera on the end. After the appropriate position for the capsule placement is determined, the physician 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, which is a small box that can be clipped to your waist or belt.

During your stay in The Endoscopy Center, 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 mark the time you experience each of your symptoms. You will be instructed on how to fill out a diary 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 medication 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. The symptoms are: difficulty swallowing, worsening throat pain (a mild sore throat is normal), chest pains, severe abdominal pain, fevers (above 101), chills or dark stools.

Preparing for the Test

* Because the Bravo capsule placement is done in conjunction with an Upper Endoscopy (EGD), you must also follow the instructions in the Upper Endoscopy (EGD) Daily Planner which has also been sent home with you in order to prepare for your procedure.

___ DO NOT take Prilosec, Prevacid, Aciphex, Nexium or Protonix for 10-14 days prior to your procedure.

- DO NOT take Pepcid, Tagamet, Zantac, or Axid 3-7 days prior to the procedure.
- You may take antacids (Tums, Rolaids, Mylanta) up until midnight the night before your procedure.

___ DO continue to take your Prilosec, Prevacid, Aciphex, Nexium or Protonix.

Be Sure to Bring

- Someone to take you home. You will be given pain and sedation medicine so you must arrange a ride home. **YOUR ESCORT HOME MUST REMAIN ON THE PREMISES DURING YOUR PROCEDURE OR YOUR PROCEDURE WILL BE RESCHEDULED.**

During the Test

Before the Upper Endoscopy to place the Bravo Capsule, you will be given pain & sedative medication through an IV (intravenous) line. You may also have your throat sprayed with a local anesthetic to numb your throat. You will lie on your side on an examining table. Throughout the procedure, your blood pressure, heart/respiratory rate, and oxygen level will be monitored.

Once you are sedated, the physician will insert the endoscope into your mouth and then gently advance it down the throat and esophagus into the stomach and duodenum. The endoscope will not interfere with your breathing. The endoscope is able to transmit an image of the inside of the digestive tract on a TV monitor so the physician may carefully exam the digestive lining and attach the small Bravo capsule to the lining of the esophagus. Here the capsule will remain for the next 48 hours, transmitting acid levels to a portable data receiver.

The upper Endoscopy and placement of the Bravo capsule takes about **15 to 20 minutes**. Due to the sedative and pain medications, most patients report little discomfort. With the Bravo Capsule in place, 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**.

After the Test

At the completion of 48 hours, you must return to **The Endoscopy Center** with the Bravo Receiver & your diary at the designated time. The acid measurements will be taken from the monitor and evaluated by your physician. Your referring physician should contact you with the results in 10-14 days.

After a few days, the Bravo Capsule should fall off the lining of the esophagus and pass through your stomach and be expelled in a bowel movement. The passing of the Bravo Capsule should be uneventful and without discomfort.

Questions?

Call (425) 248-4335 to speak with The Endoscopy Center staff.

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