

Bravo pH Monitor Pre-Test Preparation Instructions

Date: _____ **Time:** _____ **Location:** St. Francis Hospital 2nd Floor Suite 202

Preparation Information:

1. Your stomach must be empty. **Do not** eat or drink anything after midnight to include: chewing gum, eating candy, smoking, etc.
2. You can take your blood pressure and heart medications the morning of your procedure with a sip of water. **Do not** take any other medications.
3. If you are a diabetic, make sure you have received instructions on how to take your diabetes medications prior to your procedure.

What to expect on the day of your procedure:

1. The doctor and/or nurse will explain the procedure and answer any questions you have.
2. Be sure to tell the doctor/nurse if you have had any other endoscopic procedures, what allergies you have, and if you have a history of adverse reactions to any medications.
3. You will be asked to sign a consent form giving permission for examination, the procedure, and sedation medications.
4. You will need to put on a hospital gown and remove your glasses, contacts, and dentures (as applicable).
5. A local anesthetic will be sprayed in your throat to make it numb. You will be given medication through an IV to make you sleepy and relaxed.
6. While in a comfortable position on your left side, the doctor will pass the endoscope (camera) through your mouth and down your throat. There will be a guard placed in your mouth to protect your teeth and gums. The tube does not interfere with breathing or cause any pain.
7. A capsule will be placed in your esophagus during the procedure.
8. The procedure takes 10-30 minutes.

What to expect after your procedure:

1. You will remain in the endoscopy area for about 1 hour until the primary effects of the sedation medication have worn off.
2. Your throat may feel numb and slightly sore, but this will improve over the next 24-48 hours.
3. You should not attempt to eat or drink until your swallowing reflex has return to normal, which is usually 1 hour. After your reflex is normalized you may resume your regular diet.
4. You may feel slightly bloated due to air introduced during the procedure, but this will pass quickly.
5. If you were given sedation medications, you **MUST** have a companion/friend/family member/caregiver to drive you home. You **cannot** drive or operate machinery of any type for 24 hours.
6. You will carry a remote with you for 2 days during which time the capsule will communicate with the remote and log information.
7. You will drop off the remote on the 3rd day, as instructed, and the physician will receive a report to review and interpret the results.
8. The capsule will pass on its own within 30 days and can be flushed down the toilet. There is no need to monitor your stools.
9. You **cannot** have an MRI for 30 days after completing the Bravo pH Test.

When to return the data recorder and recorder belt:

Date: _____ **Time:** _____ **Location:** Same as test was conducted/started