

# Instructions for Bravo PH study

## **TRANSPORTATION:**

You will be sedated for the procedure. You will not be allowed to drive yourself home. Please make arrangements for someone to bring you, stay with you during the procedure and to drive you home after the procedure. Allow approximately 2-3 hours from arrival to departure.

## **REGISTRATION:**

In order to complete your registration, you will receive a call to verify your medical information and inform you of any facility fees above and beyond those paid by your insurance company.

## **MEDICATIONS:**

Unless you have been instructed otherwise, **DO NOT** take any proton pump inhibitors (e.g.omeprazole, Prilosec,Nexium, Prevacid, Aciphex, Protonix) for 5 days prior to the procedure. **DO NOT** take any H2 blockers (e.g. Tagamet, Zantac, ranitidine, Pepcid, Axid) for 2 days prior to the procedure. **DO NOT** take aspirin or products containing aspirin for 5 days prior to your procedure. **DO NOT** take insulin the day of your procedure. Please **DO** take blood pressure and/or heart medications the morning of the procedure, with only a sip of water, even if the medication is scheduled in the morning.

## **PREPARATION:**

The evening before the procedure you may eat normally until 6:00 PM.

After 6:00 PM you need to adhere to a clear liquid diet. Clear liquids include apple juice, white grape juice, broth, Gatorade, soda, Jell-0, popsicles, coffee, tea (no milk or cream). **PLEASE DO NOT EAT OR DRINK ANYTHING RED.** You may continue to have clear liquids until 2 hours before your scheduled arrival time. During the procedure, a Bravo PH probe will be attached to your esophagus using an upper endoscope.

## **AFTER THE PROCEDURE:**

You might feel bloated due to the air that was introduced into your stomach during the procedure. This will pass as you expel the air. You will be able to eat after you leave the endoscopy facility unless your doctor instructs you otherwise.

For 48 hours following the attachment of the Bravo PH probe, you will wear a device that will continuously record the PH in your esophagus (an indicator of acid reflux). After the study is complete, the Bravo PH probe will fall off the lining of your esophagus and pass naturally into your stool.

**RETURN THE RECORDING DEVICE (not the probe) to the clinic.** Once the device has been returned, the data will be downloaded and read by your physician. We will call you with the results which can take up to 2 weeks.