

PREPARING FOR YOUR BRAVO pH TEST

Cancel or Reschedule Your Appointment:

If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you develop COVID-19 after you schedule this appointment, please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

Transportation:

You must arrange for a responsible person to escort you to your procedure. Your responsible person will not be allowed to stay in the facility and will be notified when to join you in the recovery room. A taxi ride is not an option unless you are accompanied by a responsible person. If you fail to arrange transportation with a responsible person, your procedure will be canceled and rescheduled.

Bravo pH Test Medications:

Several medications alter the pH level of the stomach. Your doctor may choose to perform the test with or without acid-blocking medications. Your doctor would like you to stop your medications. The medications listed below will need to be stopped prior to the test (other medications may be continued). Your test will need to be rescheduled if these medications are not stopped.

7 Days Before Test:

- Stop taking Aciphex® (rabeprazole), Nexium® (esomeprazole), Prevacid® (lansoprazole), Dexilant® (dexlansoprazole), Prilosec® (omeprazole), Protonix® (pantoprazole) and Zegerid® (omeprazole/sodium bicarbonate)

2 Days Before Test:

- Stop taking Reglan® (metoclopramide), Pepcid® (famotidine), Tagamet® (cimetidine), Zantac® (ranitidine), Axid® (nizatidine) and Carafate® (sucralfate)

24 Hours Before Test:

- Stop taking over the counter antacids such as Tums®, Roloids®, Maalox® and Mylanta®

1 day before your test:

Please go to <https://www.mngi.com/resources> to watch "Your Bravo pH Test Experience." It is important that you watch this video prior to your test.

- Stop eating solid foods and begin clear liquid diet at **11:45pm**. Clear liquids include things you can see through.
 - Examples of a clear liquid diet include: water, clear broth or bouillon, Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, popsicles, and up to one cup of black coffee or tea (no milk or cream) each day.
 - The following are not allowed on a clear liquid diet: red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp and chewing tobacco.

Day of your test:

Morning Medications: You may take all of your morning medications including blood pressure medications, blood thinners (if you have not been instructed to stop these by our office), methadone, and anti-seizure medications with sips of water **3 hours prior to your procedure** or earlier. If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.

Continue the Clear Liquid Diet. Avoid red liquids, alcoholic beverages, dairy products, protein shakes, and chewing tobacco.

- **3 hours prior:**

- o STOP consuming all liquids.
- o Do not take anything by mouth during this time.

If you are scheduled for a MRI: After ingesting the capsule and until it is excreted, you should not have a Magnetic Resonance Imaging (MRI) examination or be near a MRI.

Bring the following to your procedure:

- Bring the completed Health History form included in this packet with you the day of your appointment.
- Insurance Card / Photo ID
- List of Current Medications including over-the-counter medications and supplements
- Bring your rescue inhaler if you currently use one to control asthma
- Bring contact lens supplies as you will be asked to remove contact lenses prior to the start of your procedure
- Advance Directives: If you have an Advance Directive, please bring a copy of your Advance Directive with you to your endoscopy appointment. Advance Directives are not honored at MNGI facilities, and in the event of a life-threatening situation, life support measures will be instituted in every instance and our patients will be transported to a higher level of care facility (i.e., hospital). In the unlikely event that you require an emergency transfer to a higher level of care facility, your Advance Directive should accompany you to that facility.

DESCRIPTION OF A BRAVO pH TEST

What is the Bravo pH monitoring system?

The Bravo pH system consists of a capsule, approximately the size of a gel cap, that is temporarily attached to the wall of your esophagus. The capsule measures pH levels in your esophagus and transmits this information wirelessly to a portable receiver that you will wear for 48 hours. This test measures the level of acid in your esophagus and will help your doctor to determine if you have GERD (gastroesophageal reflux disease) and plan your treatment.

What should I expect during a Bravo pH test?

Plan to spend 60 to 90 minutes at the endoscopy center the day of your Bravo pH procedure. You will sit or lie back while your doctor slides the pH capsule into the esophagus. After the capsule is in place, suction is applied to attach the capsule to the wall of the esophagus. There may be some discomfort during this portion of the test, but it generally takes less than a few minutes. As soon as the capsule is attached, it begins measuring the pH levels in your esophagus and sending that information to the receiver. The capsule and receiver must be within 3 feet of each other to accurately measure and record your pH levels. The receiver is about the size of a computer mouse, and has three symptom buttons. You will be instructed on when to press the appropriate button during the study when you experience heartburn, regurgitation, or chest pain. You will also record periods of eating and sleeping in a diary throughout the test. You can go about your daily routine without any restrictions. You may experience a vague sensation that something is in your esophagus or feel the capsule when you eat or when food passes the capsule. Chewing food carefully and drinking liquids may minimize this sensation.

What should I expect after the Bravo pH test?

When the pH study is complete, you will return the receiver and diary to your doctor's office. The information stored in the receiver will be uploaded to a computer. Your doctor will analyze your results to determine if you have acid reflux and plan the treatment for your heartburn symptoms. The disposable capsule will spontaneously detach and pass through your digestive system a few days after the test period.

What are the possible complications of Bravo pH test?

If you have a bleeding tendency, narrowing of the esophagus, severe irritation of the esophagus, varices, obstructions, a pacemaker, or an implantable cardiac defibrillator, you should not undergo a Bravo pH test. Additionally, because the capsule contains a small magnet, you should not have an MRI study within 30 days of undergoing the Bravo pH test. Although serious complications are rare, any medical test has the potential for risks. Risks include the capsule detaching from the esophagus before the test is complete, the capsule may fail to detach from the esophagus within several days after placement, there may be discomfort associated with the pH capsule requiring endoscopic removal, tears in the lining of the esophagus causing bleeding and requiring possible medical intervention and perforation.