

Bravo Instructions

What is Bravo pH monitoring?

Bravo pH monitoring is a patient-friendly test that allows your doctor to evaluate the frequency and duration of acid coming into your esophagus and to confirm if your condition may be GERD.

What can I expect during the procedure?

You will have an upper endoscopy to place the wireless capsule painlessly to the lining of your esophagus. The capsule is the size of an eraser on a pencil. The test is catheter free. The capsule is small and allows you to eat normally and continue your daily routine. The capsule monitors the acid in the esophagus and transmits the information to a recorder that is worn by the patient on a belt. The recording period is 48 hours. You will write down on a diary the times when you have reflux symptoms (e.g. coughing, heartburn, pain, regurgitation) when eating or when lying down. There is no change to your diet while wearing bravo equipment and when done.

After the test is completed you return the diary and the bravo receiver to the performing facility. The information is then uploaded to a computer, which provides a report to your physician to review. It may take up to 5-10 days for results and recommendations. The capsule naturally falls off the wall of the esophagus and passes through your digestive tract.

Patient instructions:

Medications:

- Your physician may want you to discontinue your acid reflux medication FOURTEEN days prior to procedure. These include Prilosec (omeprazole), Nexium (esomeprazole), Aciphex (rabeprazole), Prevacid (lansoprazole), Protonix (pantoprazole), Dexilant (dexlansoprazole) or Zegerid.
- Discontinue Zantac (Ranitidine), Tagament (Cimetidine), Axid (Nizatidine), or Pepcid (Famotidine) THREE days prior to procedure.
- Discontinue all antacids (Maalox, Mylanta, Tums, Rolaids, Gaviscon, Amphojel) ONE day prior to procedure.
- EXCEPTION TO ABOVE: If your physician wants you to continue the above medications to determine how effective they are, then continue taking at your regular time of the day prior to test and the morning of the test with a small sip of water.
- You may take your daily medications with a small sip of water (especially heart, blood pressure, or seizure medications).

Diet:

- Nothing to eat or drink after midnight prior to procedure.
- No gum, hard candy, cough drops, or tobacco 4 hours before procedure.

Other important instructions:

- Wear loose comfortable clothing.
- You will not be allowed to drive after having procedure. Your procedure will be cancelled if there is no driver available and a cancellation fee will apply. A taxi cab is only permitted if you are also accompanied by a responsible adult that will be going home with you.

BRAVO™ REFLUX TESTING SYSTEM

Patient Instructions

Medtronic

The Bravo™ reflux testing system provides your physician with information regarding acid reflux into your esophagus. Test results are more accurate with your help in completing a detailed diary as well as following the instructions below:

- ☐ Your physician has asked that you continue your medication during testing. Please record in your diary any medication you take for your reflux.
- ☐ Your physician has asked that you discontinue your reflux medication for this test. Please do not take any prescribed medication for the treatment of your reflux during the testing period.
- 1. You must keep the recorder within 3 feet of you at all times during the testing period
- 2. If you should forget and move outside of a 3-foot radius of the recorder you may hear beeping for 30 seconds and the icon **1** (for 48-hour procedure) or **2** (for 96-hour procedure) disappears from the screen to indicate loss of communication. Move the recorder closer to you until the beep stops and the **1** or **2** icon reappears on the screen.
- 3. You may take a bath/shower during the testing period, but the recorder **must not get wet and must remain within 3 feet of you**. Please leave the recorder outside of the shower or tub while bathing.
- 4. Please use the symptom buttons on the recorder to record your symptoms during the testing period:

SYMPTOM BUTTON	SYMPTOM ICON
	 Chest Pain
	 Regurgitation
	 Heartburn

SYMPTOM BUTTON NOTE:

All button functions are active only when the backlight is ON. If backlight is OFF, pressing any of the enabled recorder buttons will first turn the backlight ON, but no function will yet be activated. Pressing the desired button a second time will activate the desired function.

- 5. Please remember to record all meals, drinks and snacks by pressing the Meal Button  once at the start of the meal and once at the end of the meal. In between the two presses, the button LED will blink until the button is pressed to mark the end the event.
- 6. You may drink whatever you like with meals and snacks (juices, soda, coffee, tea). Please drink limited amounts of plain water (not flavored) between meals and do not sip over long periods (plain water drinks do not need to be recorded). Please do not chew gum or eat hard candy during the monitoring period.
- 7. Press the Supine Button  once when lying down for bed and once at the end of the lying period. In between the two presses, the button LED will blink until the button is pressed to mark the end the event. **Note:** You need to record all of your up and down times – even quick trips to the restroom at night or lying down on the couch.
- 8. Please be sure to return your diary with your recorder at the end of the testing period. You should not have an MRI within 30 days from the day the Bravo™ reflux capsule was placed.

Return the diary and recorder to:

Place: _____ Date: _____ Time: _____

If you should have any problems or questions during the study, please call: _____

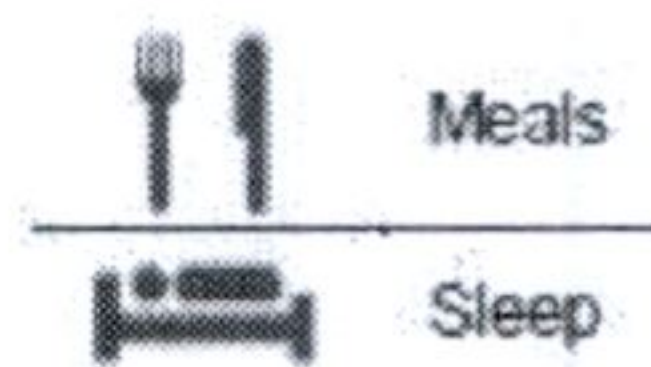
Caution: Federal law restricts this device to sale by or on the order of a licensed healthcare practitioner. Rx only.

Risk Information: The risks of the Bravo™ reflux testing system include premature detachment, discomfort, failure to detach, failure to attach, capsule aspiration, capsule retention, tears in the mucosa, bleeding, and perforation. Endoscopic placement may present additional risks. Medical, endoscopic, or surgical intervention may be necessary to address any of these complications, should they occur. Because the capsule contains a small magnet, patients should not have an MRI study within 30 days of undergoing the Bravo™ reflux test. Please consult your physician for further information.

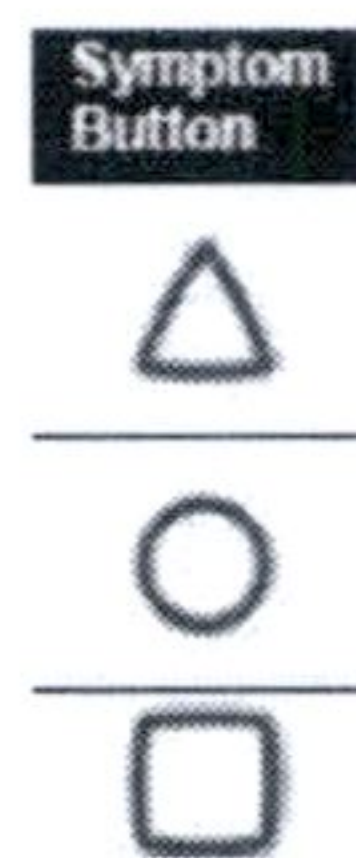


Important BRAVO reminders

- Recorder must be within 3 feet of you at all times.
- Do not get wet. You may take a shower/bath; place recorder on table/counter top.
- Do not sleep with recorder strap around your neck.
- NO MRI for 30 days after procedure.
- To record symptom or event, you **MUST FIRST** press any button to “wake up” screen. Once the screen lights up, you can record symptom/event.
- **To record MEALS and SLEEP:** after waking up screen, press the appropriate button when you **START** and **STOP** meal or sleep and record on diary.



- **To record SYMPTOM(S):** after waking up screen, press the associated shape **ONE** time and record on diary handout.



Return equipment 48 hours after placement to Wythe County Community Hospital (3rd floor nurse station). If you have any questions or concerns please contact Dr. Downings nurse Kindra at 276-228-1050.



Bravo[®] pH Patient Diary

Start Time ____:____ End Time ____:____

Patient _____

Recorder _____

Capsule ID _____

									
Time of Event (include am/pm)	Meal Start	Meal End	Supine Start	Supine End	Chest Pain	Cough	Heartburn	Other	Comments
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Always refer to the time displayed on the recorder to write down the Time of Event above.

Recording Events on the Bravo pH recorder

	Press any of the three <i>Symptom Buttons</i> (chest pain, cough, heartburn) once for each individual event.
	Press the <i>Meal Button</i> once at the start of the meal and once at the end of the meal. In between the two presses, the button LED will blink until the button is pressed to mark the end the event.
	Press the <i>Supine Button</i> once when lying down for bed and once at the end of the lying period. In between the two presses, the button LED will blink until the button is pressed to mark the end the event.

Notes:

- All button functions are active only when backlight is ON. If OFF, pressing any of the enabled recorder buttons will first turn backlight ON and no function will be activated. Press the desired button when the backlight is ON to activate the desired function.
- The green indicator light turns on for 3 seconds and a beep is heard (if the audio alert feature is turned on). This tells you that the symptom was recorded.