



About Your Bravo Procedure

What is a Bravo pH monitoring procedure?

Your doctor puts a small capsule on your esophagus to measure the pH level (acid content). The Bravo capsule transmits this information to a receiver, which then will be used by your doctor to help diagnose your problem. During the test:

- It is important to resume your normal diet and level of activity.
- Please make sure your doctor tells you if you should continue to take your antacid medications.
- **You must keep the receiver within 3 feet of your body at all times.** If you get too far away, the receiver will beep once and flash C1 or C2. If this happens, hold the receiver next to your chest for 30 seconds to reset it.
- Do not get the receiver wet. You may place it on the floor next to the shower.
- You may feel like something is in your esophagus when you eat. This is a normal feeling and will improve if you eat and drink slowly.

Appliances and the Bravo receiver

- Do not go near large magnets such as an MRI or ham radios. CAT scans are OK.
- Do not put the receiver next to a clock radio. At night, it can be on the floor next to the bed or under the pillow.
- If you use a cell phone, make sure the recorder is physically attached to your body. The cell phone cannot be between your body and the receiver.

You are to **take** **not take**
your antacid medications.

What happens after the test?

- The capsule should fall off in 3 to 10 days and passes through your digestive tract. Do not look for the capsule. Do not return the capsule to your doctor.
- Do not have an MRI scan for 30 days after the test. Keep the MRI information card with you about these instructions.
- You will need to return the receiver and your diary to your doctor's office or the GI lab where your procedure was done.

How to complete your diary

- You will need to record your activity for 24 to 48 hours as told by your doctor.
- Use the clock on the receiver as your only reference when you record your diary.
- **Record what you ate, what time you started eating and what time you were done eating.**
- **Record what time you lie down and what time you get up. This includes when you are lying on your back in a reclining position or in bed lying down.**
- Record the name of the medications you take and when you took them as told by your doctor.
- Record any symptoms you are having. Make sure to include when each symptom started and when it stopped.

If you have any questions, please call

_____ at _____.

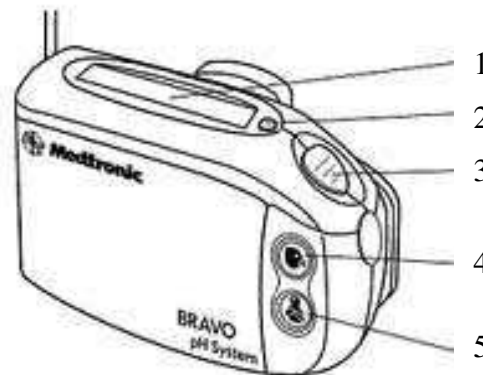
You should return your receiver to

_____ on _____.

How to operate the Bravo pH receiver

The Bravo pH receiver is a portable data recorder for monitoring gastroesophageal pH. The device stores data from Bravo pH capsules for periods up to 48 hours. Once the pH study is completed, you return the receiver to your physician, so he or she can upload the data and diagnose your condition.

1. Display: Displays current time and optional pH readings.
2. Indicator light: Lights up for three seconds, when the symptom button is pressed.
3. Heartburn button: Press this button once, when experiencing heartburn (may use this button for whatever your main symptom is).
4. Regurgitation button: Press this button once, when experiencing regurgitation.
5. Chest pain button: Press once when experiencing chest pain.



Using the receiver

The receiver provides three symptom buttons. You simply press the correct buttons once anytime during the study, when you experience heartburn, regurgitation or chest pain. If your symptoms last longer than a minute, please push the button and record the start and stop times of the symptoms in the patient diary.

	Heartburn/coughing/other
	Regurgitation
	Chest pain

Using the patient diary

Record meals and sleeping on the paper diary. Use the clock on the receiver's display to note start and end times. Include activities that may affect your pH such as smoking, drinking or exercising.

