

## **EGD WITH BRAVO pH MONITORING**

**SCHEDULED EGD DATE**\_\_\_\_\_

**\*ARRIVAL TIME WILL BE GIVEN 1 WEEK PRIOR**

**CENTRACARE – WILLMAR SURGERY CENTER**

**CENTRACARE – RICE MEMORIAL HOSPITAL**

**Robert Johnson, MD     Tyler Goettl, MD**

### **ABOUT THE TEST**

Frequent or chronic heartburn may be associated with a more serious problem known as GERD (gastroesophageal reflux disease). Damage caused by GERD can lead to more serious medical problems such as difficulty swallowing, narrowing of the esophagus, and Barrett's esophagus. The Bravo pH monitoring system is a test for evaluation of heartburn or related symptoms.

An EGD is also called an upper endoscopy. It is done with a narrow, flexible tube that has a camera and lights on the end. It is inserted through your mouth into the upper digestive tract. It allows your doctor to look within your esophagus, stomach, and in most cases part of the small intestine called the duodenum. The doctor will attach a BRAVO pH monitoring device to the lining of your esophagus during the test to see how much acid is in your lower esophagus. This test helps your doctor make plans for treatment if needed.

### **WHAT TO EXPECT**

During the EGD, your physician will place a Bravo reflux capsule into your esophagus using a delivery device. The test involves a miniature pH capsule, approximately the size of a gel cap, which is temporarily attached to the wall of your esophagus. Throughout the test period, the Bravo reflux capsule will measure the pH in your esophagus and transmit this information to the Bravo reflux recorder worn around your body. Prior to placement, you will be educated on how to use the Bravo reflux recorder and what you need to document in a diary for 48 hours. Once the test has been completed after 48 hours, the recorder will shut off and you will return the recorder and diary so that your test data can be downloaded for analysis. You will be provided with a container and instructions on how, when and where to return the recorder. The information will be analyzed by your physician to diagnose your condition. The Bravo reflux capsule will eventually slough off your esophagus and pass through your digestive tract and be expelled during a bowel movement, which may take up to two weeks. The capsule may be flushed down the toilet.

### **PREPARATION FOR THE PROCEDURE**

- Nothing to eat after midnight and nothing to drink 3 hours prior to arriving for your procedure.
- If you have sensitivities or allergies to metals including chromium, nickel, copper, cobalt, and iron, please inform your surgeon.
- Please stop the following acid reducing medications prior to your test.
- **To reduce the risk of bleeding during or after your procedure, we ask that you stop any of the listed anti-clotting medications with the following timeline. Please inform your prescribing doctor:**

7 DAYS BEFORE EGD	5 DAYS BEFORE EGD	3 DAYS BEFORE EGD	48 HOURS BEFORE EGD	24 HOURS BEFORE EGD
Nexium (esomeprazole)	Coumadin (Warfarin)	Eliquis (Apixaban)	Zantac (Famotidine)	Stop any over the counter antacids such as TUMS or Roloids
Aciphex (rabeprazole)	Plavix (Clopidogrel)	Pradaxa (Dabigatran)	Carafate (Sucralfate)	
Prilosec (omeprazole)	Brilinta (Ticagrelor)	Xarelto (Rivaroxaban)	Pepcid (Famotidine)	
Prevacid (lansoprazole)			Reglan (Metoclopramide)	
Protonix (pantoprazole)			Tagamet (Cimetidine)	
Dexilant, Zegerid, Kapidex				

**DATE INSTRUCTED TO STOP REFLUX MEDICATIONS:** \_\_\_\_\_

**DATE INSTRUCTED TO STOP BLOOD THINNERS:** \_\_\_\_\_

#### THE MORNING OF YOUR PROCEDURE

Plan to arrive at the arrival time given to you. Expect to be here 2 to 4 hours for your procedure and recovery time. If your driver leaves the facility during the test, we will need a phone number where he or she can be reached. Your driver needs to be within 30 minutes of the endoscopy unit.

#### DURING THE PROCEDURE

- After you have registered you will change into a hospital gown.
- A nurse will review your medicine list, allergies, and medical history.
- An intravenous (IV) line will be placed to give you medicine during the test.
- You will be given a consent form to read over and sign.
- When the nurse has you ready, you will be taken to a private room where your test will be done.
- You will be given medicines in your IV to help you relax. You will likely rest on your left side.
- The Doctor will pass the tube through your mouth into your esophagus, stomach and duodenum.
- The Bravo capsule will be placed at the lower end of your esophagus after a thorough examination.

#### AFTER THE PROCEDURE

- You will be taken to a recovery area to allow time for the sedation to wear off.
- Plan to take the day off work and rest at home after the procedure.

- The medicine given during the test can cause you to have memory changes and impair your judgment. Do not drive a motorized vehicle or operate heavy machinery. Do not sign any papers or make any legal decisions.
- **You must keep your receiver within 3 feet of you at all times during the 48 hours testing period.**
- You may not get an MRI within 30 days after your procedure.

**WATCH BRAVO PH MONITORING INSTRUCTION VIDEO ON YOUTUBE VIA QR LINK**

[Bravo™ Patient Training Cartoon \(youtube.com\)](https://www.youtube.com/watch?v=BravoPatientTrainingCartoon)

