



PATIENT EDUCATION

pH Monitoring Capsule

What is pH Monitoring Capsule (Bravo)?

pH monitoring is a capsule-based test to help you identify the presence of acid reflux and understand your reflux symptoms. The capsule collects information over a couple of days, which then allows the provider to review the reflux symptoms.

How do I prepare for this test?

- Be sure to follow your specific diet instructions given by your provider.
- Arrange for a driver and someone to be with you for the day. You will not be allowed to drive if you receive sedation.
- All jewelry should be left at home.
- Be sure to let your provider know if you are pregnant.
- Some of the medicine you take may need to be stopped or adjusted temporarily. You should discuss all blood thinners, insulin, or diabetes medications with the prescribing provider at least 2 weeks before the pH monitoring capsule placement. Do not stop these medications without the content of your provider.
- You will be asked to hold your proton pump inhibitor (PPI) medication for one week if you are taking the pH monitoring capsule without medications.
- You will be asked to hold your H2 antagonist for twenty-four hours if you are taking the pH monitoring capsule without medications.
- If you have an MRI scheduled in the next 30 days. We will need to confirm the pH monitoring capsule has passed before the MRI.

What are the potential complications?

- Undesired effects from anesthesia.
- Bleeding.
- A tear in the wall of the esophagus, stomach, or small intestine.
- Early or unintended detachment of the pH capsule.
- Discomfort associated with the pH capsule.
- Capsule Retention.
- If you have any questions, please ask your provider.

What should I expect before the test?

- Your provider will explain the risks and benefits of the pH monitoring capsule to you.
- You will sign a consent form for the procedure.
- A small IV will be put in a vein so sedation can be given during the procedure.
- Dentures and glasses will be removed prior to the procedure.

What should I expect during the test?

- You will lay on your left side.
- A small mouthpiece will be put between your teeth to protect your teeth and the endoscope.
- A Novocain type medication may be used in your throat to relieve the gagging feeling you may have during the procedure. This medicine will not interfere with your breathing.
- Oxygen will be given during the test.
- Your blood pressure, pulse, and oxygen levels will be monitored during the procedure.
- The stomach and duodenum are collapsed when they are empty. Your provider will put air into the stomach so the walls can be seen.
- Your doctor may choose to take biopsies (small pieces of gastric tissue) during the procedure. Taking biopsies and removing polyps will not cause pain.
- Your provider will place the bravo capsule using a delivery device.

What can I expect after the test?

- Your blood pressure, pulse, and oxygen levels will be monitored.
- Your family and friends can be with you after the procedure.
- You might have oxygen on for a short time.
- You might feel bloating or cramping after the pH monitoring capsule because of the air that is put in your stomach and duodenum during the test. Passing the air will help this feeling go away.
- If you are taking blood thinners, ask your provider when to restart those specific medications.
- The bravo monitoring system is a catheter free system. The recording device will be attached to your waistband.
- The nurse or provider will teach you how to manage the recording device.
- The nurse will give you written discharge instructions before you leave.

Will the pH monitoring capsule restrict my diet and activities?

- There are no diet or activity restrictions.
- You may have a sensation that “something” is in esophagus.
- You may feel the capsule when you eat or when food passes by the capsule.

What happens after I go home?

- When the pH monitoring capsule is complete the capsule falls off the esophagus and passes naturally in your stool.
- When the pH monitoring capsule is complete you will need to return the recorder to your provider 's office.
- The information collected will be download to a computer and your provider will review the results.

When will I get my results?

- Your provider will tell you what was found before you go home.
- You will receive your biopsy results in the mail in two to three weeks.
- You may call your provider 's office with any questions or concerns.

Reference: [Given Imaging](#) – Bravo pH Monitoring