

Dr. Donald Walters Dr. Krysia Zancosky Dr. Faye Abboud

**BRAVO pH STUDY**

NAME: \_\_\_\_\_ PROCEDURE DATE: \_\_\_\_\_

LOCATION: Butler Memorial Hospital, One Hospital Way, Butler, PA 16001

**Take all cardiac, blood pressure, thyroid, seizure, and/or acid suppression medications as usual at least two (2) hours prior to your procedure with just a sip of water. DO NOT skip these medications unless the prescribing physician instructed you to do so. You *may* take anxiety medication, as needed.**

If you are taking any of the blood thinners listed below, you **MUST** call and inform the prescribing provider that you are referred for a BRAVO pH study. **Please contact the prescribing physician at least one week prior to the scheduled procedure to ask if it is safe to stop your blood thinner.** Also, clarify when you should stop and restart the medication. If your provider instructs you NOT to stop the medication, please notify our office immediately.

Pradaxa / Dabigatran	Brilinta / Ticagrelor	Coumadin / Warfarin / Jantoven
Eliquis / Apixaban	Xarelto / Rivaroxaban	
Plavix / Clopidogrel	Effient / Prasugrel	

If you are taking an iron supplementation or iron-containing medication including a multi-vitamin, you **MUST stop** taking these medications seven (7) days prior to your procedure.

If you are taking Concerta, Tepanil or Tenuate (Diethylpropion), you **MUST hold** these medications for seven (7) days prior to your procedure. *Please check with your prescribing provider before holding these medications.*

If you are diabetic, please **DO NOT** use insulin or take any other diabetic medications on the day of the procedure until after the procedure, unless otherwise instructed by your primary care provider or endocrinologist.

If you are prescribed any of the GLP-1 receptor agonists for treatment of Type II Diabetes or weight loss listed below, **you MUST hold all weekly injections or medication doses as listed below prior to your procedure. All daily injections MUST be held the day of your procedure until after the procedure.** Contact the prescribing provider to ensure that holding these medications is safe.

Dulaglutide / Trulicity – Hold 7 days	Phentermine / Adipex – Hold 7 days
Semaglutide / Ozempic / Wegovy – Hold 7 days	Contrave – Hold 7 days
Exenatide / Bydureon – Hold 7 days	Oral Semaglutide / Rybelsus – Hold 1 day
Liraglutide / Victoza / Saxenda – Hold 7 days	Exenatide / Byetta – Hold 1 day
Lixisenatide / Adlyxin – Hold 7 days	Tirzepatide / Mounjaro / Zepbound – Hold 7 days

**All other medications not listed above MUST only be held the day of your procedure.** These include, but are not limited to prescription medications, supplements, Aspirin, Ibuprofen, Motrin, Advil, Naprosyn, Naproxen, Aleve, Fish Oil, Omegas and Glucosamine. You **MAY** take these the evening prior and/or after your procedure.

**\*\*\* TURN PAGE OVER FOR INSTRUCTIONS / ADDITIONAL INFORMATION \*\*\***

## GENERAL INSTRUCTIONS

- **NOTHING to eat or drink after midnight prior to your scheduled procedure.** This includes gum, mints and hard candy. Refrain from smoking, vaping or chewing tobacco before your procedure.
- Continue taking any of the following medications as prescribed: **Proton Pump Inhibitors** including Omeprazole (Prilosec), Lansoprazole (Prevacid), Rabeprazole (Aciphex), Pantoprazole (Protonix), Esomeprazole (Nexium); **H2 Blockers** including Ranitidine (Zantac), Cimetidine (Tagament), Famotidine (Pepcid), Nizatidine (Axid); **Antacids** including Alkaseltzer, Gaviscon, Maalox, Milk of Magnesia, Mylanta, Riopan, Tums, or any other brands; or the **promotility drug Metoclopramide (Reglan).**

### Additional Information:

**You will be contacted by telephone the business day before your procedure to confirm your arrival time. If you need to cancel or reschedule your procedure, please call our office at 833-391-0654.**

#### ***What is an esophageal pH test?***

An esophageal pH test measures and records the pH in your esophagus to determine if you have Gastroesophageal Reflux Disease (GERD). The test can also be done to determine the effectiveness of medications or surgical treatment for GERD.

A valve called the lower esophageal sphincter (LES) controls the passage of food from the esophagus to the stomach when you swallow. It remains tightly closed except when you swallow food. When this muscle fails to close or opens spontaneously, the acid, bile and food contents of the stomach can travel backward into the esophagus. The esophagus pH test measures how often stomach contents reflux into the lower esophagus and how much acid the reflux contains.

#### ***How does the Bravo esophageal pH test work?***

A small capsule, about the size of a gel cap, is temporarily attached to the wall of the esophagus during Esophagoscopy. The capsule measures pH levels in the esophagus and transmits readings via a small radio transmitter in the capsule.

The transmitter sends signals to the receiver (about the size of a pager) worn on your belt or waistband. The receiver has several buttons on it that you will press to record symptoms of GERD, such as heartburn. The nurse will tell you what symptoms to record. You will be asked to maintain a diary to record certain events such as when you start/stop eating and/or drinking and also when you lay down and when you get back up. This will all be explained to you in detail by the nurse.

#### ***How do I prepare for the Bravo esophageal pH test?***

Let your doctor know if you have any implanted cardiac devices such as a pacemaker or cardiac defibrillator, a history of bleeding problems, dilated blood vessels, or any other previously known problems with your esophagus.

#### ***Once the test has begun, what do I need to know and do?***

- **Activity:** Follow your usual daily routine. Do not reduce or change your activities during the monitoring period. By doing so, this can make the monitoring results less useful? **Please note: Do not get the receiver wet. It is not waterproof.**
- **Eating:** Eat your regular meals at the usual times. If you do not eat during the monitoring period, your stomach will not produce acid as usual and the test results will not be accurate. Please eat at least two meals a day. Eat food that tend to increase your symptoms (without making yourself miserable). Avoid snacking. Do not suck on hard candy or lozenges and do not check gum during the monitoring period.

- **Lying down:** Remain upright throughout the day. Do not lie down until you go to bed (unless napping or lying down is part of your daily routine).
- **Medications:** Continue to follow your doctor's instructions regarding medicines to avoid during the monitoring period.
- **Recording Symptoms:** Press the appropriate button on the receiver when symptoms occur (as instructed by the nurse).
- **Recording Events:** Record the time you start/stop eating and/or drinking (anything other than plain water). Record the time you lay down (even if you are just resting) and when you get back up. The nurse will explain how to record this information.
- **Unusual symptoms and/or side effects:** If you think you may be experiencing any unusual symptoms and/or side effects, please call your doctor at 833-391-0654.

***You will return the receiver and diary when the monitoring period is over to Butler Memorial Hospital – 4 South Department between the hours of 7am – 3pm. If you have any questions regarding this, please call 724-284-4388.***

***After the test is completed:***

- Resume your normal diet and medications
- Your doctor will discuss the results of the test when it has been finalized. Test results can take a couple of weeks to be finalized.
- Normal activities such as swallowing, eating and/or drinking will cause the disposable pH capsule to detach and pass through the digestive tract. This usually occurs on average between 7 to 10 days.
- No MRI (Magnetic Resonance Imaging) tests should be performed for 30 days following the capsule insertion.