

Bravo Esophageal pH Monitoring System Study

Description

Bravo Esophageal pH Monitoring Study allows your physician to analyze how often acid from the stomach backs-up or refluxes into the esophagus. For this study, the physician performs an Upper Endoscopy to assist in the Bravo capsule placement. Upper Endoscopy uses an endoscope, a flexible tube about the thickness of your little finger with a tiny light and camera on the end. Once the endoscope is in the esophagus, the physician attaches the Bravo capsule to the lining of the esophagus.

Over a 48-hour period, the Bravo Capsule is able to continuously measure the acid level in the lower esophagus. These measurements are recorded for 48 hours into the Bravo Receiver, which is a small box that can be clipped to your waist or belt. The study can evaluate symptoms of persistent upper abdominal/chest pain or burning, tightness in the chest frequently known as heartburn.

During the Test

Before the Upper Endoscopy to place the Bravo Capsule, you will be given pain & sedative medication through an IV (intravenous) line. You may also have your throat sprayed with a local anesthetic to numb your throat. You will lie on your side on an examining table. Throughout the procedure, your blood pressure, heart/respiratory rate, and oxygen level will be monitored.

Once you are sedated, the physician will insert the endoscope into your mouth and then gently advance it down the throat and esophagus into the stomach and duodenum. The endoscope will not interfere with your breathing. The endoscope is able to transmit an image of the inside of the digestive tract on a TV monitor so the physician may carefully exam the digestive lining and attach the small Bravo capsule to the lining of the esophagus. Here the capsule will remain for the next 48 hours, transmitting acid levels to a portable data receiver.

The Upper Endoscopy and placement of the Bravo capsule takes about **15 to 20 minutes**. Due to the sedatives and pain medications, most patients report little discomfort. Some patients do experience a gagging feeling or bloating pressure feeling in the stomach. With the Bravo Capsule in place, a few patients may have a mild feeling of discomfort as if something is caught in their esophagus or chest. The Bravo Capsule study lasts **48 hours**.

After the Test

You will be monitored after the procedure in the recovery area for **at least 1/2 hour** after the placement of the Bravo Capsule until the effects of the sedative medications have worn off. Because you received sedative medication, your judgment and reflexes will be slow for the rest of the day. You are advised to:

- Avoid driving or operating machinery until the next day.
- Avoid making important or legal decisions.
- Have an adult accompany you home.

Before being discharged from the GI Lab, you will be instructed on how to operate the Bravo Data Receiver. For the most part, you will push one of the three buttons on the receiver to mark the time you experience a gastric symptom. You will be instructed how to fill out a diary-activity sheet to keep track of your symptoms, food intake, when you lie down, and sleeping or awake times.

Unless otherwise instructed, you will be able to resume your diet and take your routine medication after you leave the GI Lab. You should be able to resume your normal activities after the placement of the Bravo Capsule.

Once home, it is important for you to recognize signs and symptoms that need to be reported to your physician. The symptoms are: difficulty swallowing, worsening throat pain (a mild sore throat is normal), chest pains, severe abdominal pain, fevers (above 100.5), chills or dark stools.

Test Results

At the completion of 48 hours, you must plan to return to the GI Lab with the Bravo Receiver & your diary/activity sheets. The receiver may be returned to the GI Lab reception desk. The acid measurements will be taken from the monitor, summarized by a computer, and evaluated by your physician. You may then arrange a time to meet with your physician to discuss test results.

After a few days, the Bravo Capsule should fall off the lining of the esophagus and pass through your stomach and be expelled in a bowel movement. The passing of the Bravo Capsule should be uneventful, without discomfort.

Bravo pH Patient Diary

The purpose of pH monitoring is to register the frequency and duration of gastroesophageal reflux during a normal day. It is important that you eat, drink work and exercise as you normally would. Changes in your daily routine may inaccurately reflect your esophageal pH study.

Do not take any Antacid Medications During the Study (for example: Maalox, Mylanta, Tums, Roloids, Zantac, Tagamet, Pepcid, Axid, Prilosec, Omeprazole, Nexium, Prevacid, Aciphex or Protonix) unless specifically instructed by your physician. Your physician will instruct you on when to resume these medications.

Using the Patient Diary

Record events in the patient diary using the time on the receiver display. **Meals and sleep/resting times require two entries, a start and end time.** Give us an idea of what you had to eat and drink. **All other activities require only one time entry.**

Data Transmission

To ensure reliable, uninterrupted transmission of data, you must ensure that the receiver is always within 3 feet of the Bravo Capsule.

Do not allow the receiver to become wet or sustain any heavy impacts.

Do not remove the battery for any reason. Once the power is removed the study is stopped and must be manually restarted by a GI Nurse.

Additional Information

The study automatically stops at the end of 48 hours and the receiver shuts down.

You may feel the Bravo capsule in the middle of your chest when you swallow. This is a normal sensation. It is recommended that you chew your food thoroughly and drink fluids with your meal to minimize the sensation.

The Bravo capsule will spontaneously detach and pass out of your system in the next 5-14 days.

You are restricted from undergoing a Magnetic Resonance Imaging (MRI) study within 30 days following a Bravo procedure.

Return the receiver and your diary to the GI Lab at the end of the study. If you have any problems or questions during your test please call the GI Lab 510-784-4813.

