

Patient Instructions During Bravo

During your pH monitoring test

The purpose of the test is to record what happens in your esophagus during your normal day. Try to make this a normal day by doing and eating what you normally would do or what you know brings on your symptoms.

- Do not use acid suppression medication.
- Do not take antacids (eg. Tums, Roloids, Maalox, Mylanta).
- Diet restrictions: Do not chew gum or hard candies. You may eat what you want. Please avoid constant snacking, drinking or sipping on water.
- Please keep the receiver within arms length of your body. If the bravo is too distant from the capsule and reception is weak it beeps for 30 seconds and the 1 icon disappears from the screen to indicate loss of communication. Move the recorder closer to you until the beeping stops and the 1 icon appears on the screen.
- Use the strap to secure the receiver to you and avoid dropping the receiver.

Bravo Diary - What to keep track of for the duration of your test:

- Eating & Drinking: Record the start and stop time of any drinking or eating in your diary. Please put a check mark under meals. Also push meal button when you start and stop eating.
- When you lie down: Record the time you lie down and the time you get up in your diary. Please put a check mark under sleep. Also push sleep button when you lay down and get up. If your monitor screen goes blank, push any button to "wake" it up.

Icons to press on receiver:

- There are 3 icons on your monitor. They are for heartburn, regurgitation & chest pain. Press the appropriate icon for the symptoms you are experiencing. You do not need to mark anything on your diary, just press the appropriate icons.

If you experience minor chest discomfort you may use Tylenol or other pain relievers. Notify a MNGI Digestive Health Physician if you have severe pain.

At the end of your test, the receiver will turn off automatically and you no longer need to press icons or keep within three feet. Please return the receiver and diary to a MNGI Endoscopy Center at the completion of your test.

If questions, please call MNGI Digestive Health at 612-871-1145 regarding your procedure or technical difficulty with your Bravo Receiver.