



Bravo Esophageal pH Test

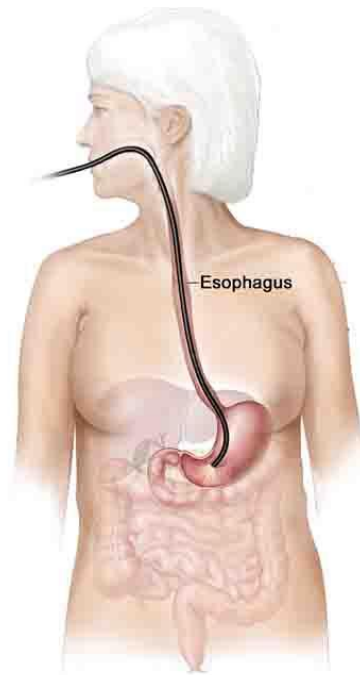
The Bravo Esophageal pH Test is a specialized procedure to measure your esophagus's pH or acidity level. This test is a helpful diagnostic tool often recommended to patients experiencing persistent or atypical gastroesophageal reflux disease (GERD) symptoms. GERD is characterized by frequent heartburn, chest pain, persistent coughing, and a sore throat or hoarse voice. These symptoms are often the result of stomach acid frequently backing up into the esophagus, causing discomfort and potentially leading to more serious health complications over time.

Wireless Capsule

The core component of the Bravo pH test is an amazing miniaturized, wireless “vitamin-sized” capsule that is temporarily attached to the wall of your lower esophagus during an upper endoscopy “scope” exam (gastroscopy). The sensor in the capsule sends information to a small recorder that you wear on your belt or waistband. The capsule measures the pH levels (acid) in your esophagus and transmits these readings to the recorder. The device continually measures acid levels in your esophagus for up to 96 hours.

Preparation

You must take several important preparatory steps before you undergo the Bravo pH test. Your doctor will provide specific instructions about which medications to stop taking before the test. This is crucial because certain medications can affect the accuracy of the test results. Let your doctor know if you have a pacemaker or implantable heart defibrillator, a history of bleeding problems, dilated blood vessels (varices), or any other previously known problems with your esophagus. *There is a small amount of metal in the capsule. Tell the nurse if you are allergic to nickel, chromium, copper, cobalt, or iron.* Please inform the doctor if you are allergic to any medications or if you chronically use Marijuana or take narcotic painkillers.



FOLLOW THESE INSTRUCTIONS:

- **Seven days** before the monitoring period, don't take proton pump inhibitors such as omeprazole (Prilosec®), lansoprazole (Prevacid®), rabeprazole (Aciphex®), pantoprazole (Protonix®), esomeprazole (Nexium®), or dexlansoprazole (Dexilant®).

Three days (72 hours) before the monitoring period, don't take the H2 blockers (cimetidine (Tagamet®), famotidine (Pepcid®/Zantac®), nizatidine (Axid®) or the promotility drug, metoclopramide (Reglan®).

• **24 hours** before the monitoring period, don't take antacids (such as Alka-Seltzer® Gaviscon®, Maalox®, Milk of Magnesia®, Mylanta®, Phillips®, Tums® or any other brands).

- **8 Hours:** Don't eat or drink anything 8 hours before your appointment.

Test Day

What To Wear

You will have to change into a patient gown before the examination. You should wear loose, comfortable, casual, easily removed, and folded clothing. Avoid tight-fitting garments. Please leave your jewelry, valuables, and high heels at home.

Transportation

To prevent any discomfort, you will receive intravenous sedation before the procedure. As this medication will make you drowsy for several hours, you cannot safely drive a car for the remainder of the day. Therefore, a family member or friend must accompany you to the office to drive you home. You should choose someone with whom the doctor can freely discuss your test results. We require that your companion arrive with you and remain in the office during the entire time of the test. Otherwise, the examination may be canceled. You must arrive at least 60 minutes before your procedure time and plan to stay approximately two hours.

Your Permission

If you have any questions or concerns about this test, do not hesitate to ask your doctor about them. You will be asked to sign a consent form before the test begins to signify that you completely understand what this test involves.

Placing the Bravo Capsule

You will be given intravenous MAC anesthesia. These medications will make you drowsy and relaxed in a "twilight sleep," thus preventing any awareness during the examination. Rest assured that these medications will not prompt you to act or speak inappropriately during the test.

A small mouthpiece will then be placed between your teeth, enabling you to relax your jaws. Once you are in a light sleep, the doctor will gently insert the thin, flexible gastroscopy. Since this scope does not enter your windpipe, it will not interfere with your ability to breathe. The most frequent fear expressed by patients is that they will be unable to swallow the scope because of gagging. Fortunately, the medications given before the procedure prevent this from happening. Even the most apprehensive patients tolerate the procedure quite well.

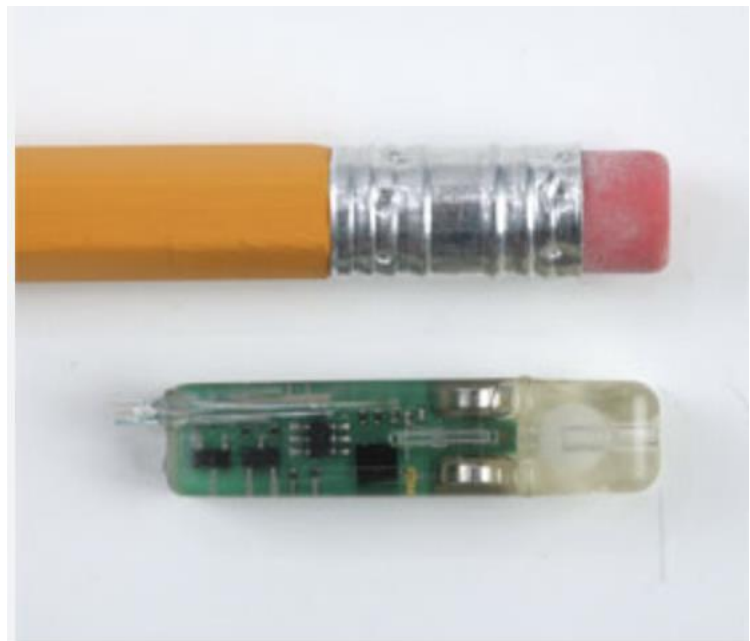
To better see the lining of your upper digestive tract, your stomach is gently filled with a small amount of air. Your doctor can now begin to inspect the lining of your esophagus, stomach, and duodenum, an exam that takes about twenty minutes.

Once the endoscopic inspection is completed, the small Bravo capsule is attached to the inner wall of your lower esophagus by simple suction. For several days, this amazing device constantly monitors and records the acid level in the lower esophagus.

After the Test

Upon awakening, you will probably have little recollection of the procedure itself. After an outpatient gastroscopy, you will be asked to rest in the recovery room for a while. Your companion will be asked to sit with you while the effects of the sedative begin to wear off. Once you are more alert, the doctor will meet with you and your companion to discuss the findings and any needed treatment.

You will then be able to return home with your companion's assistance. You must go directly home; do not stop to eat along the way. Although you may resume a regular diet at home, you should eat lightly at first and then gradually increase your intake of foods as tolerated. Since air was placed in the stomach during the examination, you may experience mild discomfort. You should not drive, operate any machinery, drink alcohol, make any important business decisions, or engage in any vigorous physical activity for the remainder of the day.



The Recorder

Once awake, you may resume your normal diet and medications. You can also resume your normal activities – such as swallowing, eating, and drinking. This capsule sends information to a recorder that must be kept within 3 feet of you at all times. Do NOT get the recorder wet. This

recorder has three buttons that you will press to record any symptoms of CHEST PAIN, COUGH, or HEARTBURN. This information can provide valuable context to the pH readings, helping your healthcare provider better understand your symptoms and their triggers.



Returning the Receiver

Once you recover from the anesthesia, we ask that you go about your day as you normally would so we can obtain accurate levels of esophageal pH. You may resume normal meals and activity. Chewing gum and using throat lozenges should be avoided as they may alter pH levels. The recorder must be returned for data analysis. After 48 hours, you will be asked to return the waistband receiver. The pH data from the device will be downloaded onto a computer and then analyzed by your doctor.

What risks are involved?

Finding out if you have acid reflux is important. If you do have the more severe version (GERD), it could be causing damage to your esophagus, which could lead to more serious problems, including Barrett's esophagus or esophageal cancer. Finding out that you don't have acid reflux is also important. Many people are taking medication like PPIs that aren't working. You don't need to take medication that is not indicated. If you don't have acid reflux, your healthcare team can help you determine what is causing your symptoms.

Any procedure has risks, but the Bravo test has few complications. Technical difficulties occur in less than 2% of tests. These may include problems with the equipment that make the results unreliable. The capsule might fail to stay in place for the entire testing period, or it might not detach when it's supposed to do so. About 5% of people having this test might feel discomfort when swallowing, chest pain, or back pain. This may last several weeks. You may have a sore throat from the endoscopy for a day or so.

What happens to the Capsule?

The capsule usually detaches in 4 -10 days and passes harmlessly in your stool. You will probably not see it pass. To be safe, we advise against any MRI examinations for three months after the test.

Results of the Examination

If any biopsies were taken during the examination, the doctor will contact you and your physician when the biopsy results become available. Further treatment or tests, if necessary, will be discussed at that time. We will contact you with recommendations when we receive the final Bravo report.

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The Center for Digestive Health & Nutrition is a private medical practice comprised of experienced Gastroenterologists, Nurse Practitioners, and staff members dedicated to preventing and treating digestive disorders. Our physicians have been serving the needs of those in Western Pennsylvania and surrounding areas since 1977, having cared for tens of thousands of individuals with digestive problems. Our mission is to deliver high-quality gastroenterology services efficiently and cost-consciously. We realize the very sensitive nature of GI illness and understand the necessity to provide our services in an environment that stresses patient privacy and confidentiality and where patient satisfaction is the goal. Appointments can be conveniently scheduled online via our website above. Learn more about digestive issues on Instagram @thedigestivetract

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