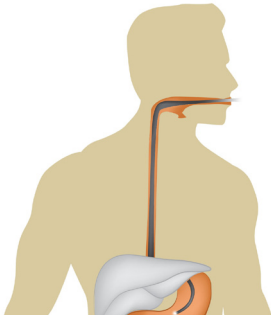


# BRAVO™ ENDOSCOPY

Please read these instructions carefully at least one week prior to your exam.



The Bravo™ reflux testing system is a specific type of endoscopy which allows your doctor to evaluate the frequency and duration of your GERD (gastroesophageal reflux disease) symptoms. A small capsule is temporarily attached to the wall of your esophagus that will monitor pH levels during the duration of the test. You will be provided with a monitoring device that will receive the transmissions from the capsule. The data captured by the device will be reviewed by your doctor.

The placement procedure is quick, but is conducted with sedation to keep patients comfortable. The following instructions are intended to maximize the ease, safety, and success of your Bravo™ endoscopy.

## BEFORE PROCEDURE

- **Obtain an information card** from your cardiologist IF you have an automatic implanted cardiac defibrillator or pacemaker.
- **DO NOT drink alcohol** on the day before or day of your procedure.
- **NO SMOKING** for 24 hours prior to your procedure.



Your medicine regimen may need to be modified, for your procedure. For your safety and health it is extremely important that you read the section below and let our office know whether you take any of the listed medications.

**A physician's order is required before any prescribed medication is held, modified or discontinued in order to ensure your safety!**

- Use breathing inhalers and take prescribed blood pressure, heart, anxiety, and depression medications on the morning of the exam, or your procedure may have to be canceled!
- Diabetic medications require modification by a physician to prevent low sugar reactions or unacceptable high glucose readings.
- Aspirin therapy may be continued for procedures.
- Discontinue Lovenox 12 hours before procedure.

NSAIDS including Ibuprofen (Advil, Motrin), Naproxen (Aleve), Meloxicam (Mobic), Excedrin, and Goody & BC powders should be discontinued if possible, for five days prior to procedure.

Certain medicines can cause bleeding problems.

**Let our office know as soon as possible if you take any medications such as those listed to the right.**

Do **NOT** stop taking medications without a specific physician order to do so.

*Examples include but are not limited to:*

### ANTIPLATELET AGENTS:

- Dipyridamole (Aggrenox®, Persantine®)
- Thienopyridines
  - ✓ Clopidogrel (Plavix®)
  - ✓ Prasugrel (Effient®)
  - ✓ Ticlopidine (Ticlid®)
  - ✓ Ticagrelor (Brilinta®)

### ANTICOAGULANTS:

- Warfarin (Coumadin®, Jantoven®)
- Fondaparinux (Arixtra®)
- Direct factor Xa inhibitors
  - ✓ Rivaroxaban (Xarelto®)
  - ✓ Apixiban (Eliquis®)
  - ✓ Edoxaban (Lixiana®, Savaysa®)
  - ✓ Betrixaban (Bevyxxa®)
- Direct thrombin inhibitors
  - ✓ Dabigatran (Pradaxa®)
  - ✓ Desirudin (Iprivask®)

### OTHER:

- Pentosan polysulfate (Elmiron®)

## DAY OF PROCEDURE

- **Bring a driver.** You will receive intravenous medicine to sedate you. Therefore, your exam WILL NOT be done unless you bring an ADULT companion 18 or older to drive you home. Your companion must stay at the facility during entire procedure. You will not be able to drive the remainder of the day.

### IF YOU HAVE A MORNING PROCEDURE:

- **Nothing by mouth after midnight** on the day of your exam except for blood pressure medications and those directed by your physician. Drinking too closely to the exam may make it necessary to cancel the exam.

### IF YOU HAVE AN AFTERNOON PROCEDURE:

- **No solid foods after midnight** on the day of your exam.
- **Clear liquids only!** You may drink clear liquids from the list at right until 8 hours prior to your scheduled arrival time. Drinking too closely to the exam may make it necessary to cancel the exam.
- **Medicines.** Take blood pressure medications and those directed by your physician upon arising.

### The following liquids are OK to drink until 8 hours prior to your procedure:

- ✓ Water, Lemonade, Limeade, or Crystal Light
- ✓ Tea & Coffee without dairy or non-dairy creamer
- ✓ Apple, white grape, or white cranberry juice
- ✓ Beef, chicken, or vegetable clear broths
- ✓ Gatorade, Powerade, and similar sports drinks
- ✓ GingerAle, 7-Up, Sprite soft drinks
- ✓ Popsicles, Italian ices, or Jell-O desserts in any color except red, purple, or green

## WHAT TO EXPECT

- After the capsule is placed and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur HAM radio tower.
- The Bravo™ reflux test lasts approximately 48-96 hours, as directed by your physician.
- Some patients report they feel a slight sensation in their esophagus when eating while the capsule is in place. Carefully chewing food and drinking plenty of liquids should minimize this sensation.
- You will be provided with a data recorder which must be kept within 3 feet at all times during the testing period. You will be able to bathe and carry on your usual activities as long as the recorder is kept dry and within a 3 foot radius. Instructions for using the recorder will be provided the day of your procedure.
- A diary will be provided for you to write down what you eat and drink, as well as when you sleep and wake up.
- You will be scheduled to return the recorder and diary to the University Hospital Endoscopy Center.

## AFTER THE EXAMINATION

- Several days after the test, the capsule will fall off the wall of the esophagus, travel through the digestive tract and will be excreted naturally in bowel movements.
- **If you did not positively verify the excretion of the capsule from your body and you develop unexplained post-procedure nausea, abdominal pain, or vomiting, contact your physician for evaluation.** You may need to undergo an abdominal x-ray examination.
- Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal track or abdominal cavity.