

## INSTRUCTIONS FOR 48 HOUR BRAVO pH MONITORING

You are scheduled to have a pH monitoring study on \_\_\_\_\_ at \_\_\_\_\_.  
(date) (time)

What is a pH monitoring study?

A pH monitoring study is a test to determine whether or not acid is coming up into the esophagus from the stomach. The study involves having an upper endoscopy (EGD) procedure to affix the pH capsule to your esophagus. The pH capsule measures the pH in your esophagus and transmits the information to a small receiver that you wear.

### How do I prepare for the study?

**Stop**  **Continue** Ranitidine (Zantac), Cimetidine (Tagamet), Famotidine (Pepcid), or Nizatidine (Axid) **3 days** before the study.

**Stop**  **Continue** Omeprazole (Prilosec) or Lansoprazole (Prevacid) **10 days** before the study.

- Stop Metoclopramide (Reglan) or Cisapride (Propulcid) **1 day** before the study.
- You may use antacids such as Maalox or Tums up to 6 hours before the study if necessary.
- Nothing to eat or drink after midnight before the study.

### What happens during the 48-hour study?

- The capsule is small so you can eat normally and go about your **regular daily routine**.
- Some patients say that feel like there is “something” in their esophagus. Should you experience this, chew your food carefully and drink plenty of liquids during meals to minimize this sensation.
- You will be given a diary to write down the times when you have reflux symptoms (coughing, heartburn/chest pain, regurgitation). You will also record when you are lying down and when you are eating.
- Do not take a shower but you can bathe during this study as long as you stay within three feet or approximately one meter of the receiver.

### What happens after the 48-hour study?

- Return the diary and Bravo receiver to GI Endoscopy.
- The test data is uploaded to a computer and analyzed by the provider.
- You will receive a letter describing the results of your study in the mail.
- Several days after the test, the capsule naturally falls off the esophagus wall and passes through your digestive tract.

What if I have a problem with the monitoring equipment at home?

- Call between 8:00 AM to 4:00 PM the GI Endoscopy Unit at (650) 493-5000 x64800. From 4:00 PM to 8:00AM, call (650) 493-5000 and ask the VA operator to page the GI doctor on call. If you are unable to connect with the GI doctor please call the Telephone Care Program at 1-800-455-0057 for further assistance.

**You should also follow instructions for EGD procedure (see other handout)**