

Health Information for You

Patient and Family Education

Upstate Connect: 464-8668 • (800)464-8668

UPPER ENDOSCOPY PREPARATION WITH BRAVO PH MONITORING

WHAT IS AN EGD WITH BRAVO PH MONITORING?

The Bravo system involves a pH capsule, about the size of a gel cap, that is temporarily attached to the wall of the esophagus. The capsule measures the pH levels in the esophagus and transmits readings via radio telemetry to the Bravo receiver worn on your belt or waistband. Normal activities such as swallowing, eating and drinking should cause the disposable pH capsule to detach and pass through the digestive tract in approximately 5-7 days. You should not have an MRI for 30 days without notifying the radiologist.

Your procedure will be performed by: _____

Date and Time of procedure: _____ **Arrive at:** _____

Your procedure will be done at Upstate Medical University

You will return to the Endoscopy Suite in 48 hours to return the Bravo recorder.

HOW DO I PREPARE FOR AN EGD?

- You should not eat anything after midnight prior to your procedure.
- May have clear liquids until 2 hours prior to arrival. Date/Time
- You must arrange for someone to accompany you home after the exam. You will not be allowed to drive or leave alone.
- **Inform your physician immediately if you are a diabetic or taking any blood thinners such as Coumadin or Plavix.**
- **Diabetics:** Do not take oral diabetic medications the evening before or morning of procedure. Take 1/2 usual insulin dose the evening prior to test and none the morning of procedure.
- **Medications:**
 - No Zantac, Tagamet, or Pepcid for 48 hours before test
 - No Prilosec, Prevacid, Protonix, Aciphex, or Nexium 7 days prior to test
 - No Antacids 24 hours before the test
 - Continue "stomach" medications as prescribed

WHAT HAPPENS DURING THE PROCEDURE?

You will need to:

- Sign an informed consent for the procedure
- Remove your glasses or contact lenses
- Provide any information concerning allergies, medications, and medical history.
- Your blood pressure and pulse will be monitored before, during, and after the procedure.
- The RN will start an IV for administering medications as needed to relax you. You will not be put to sleep, but will feel relaxed and as comfortable as possible.

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- During the procedure, the room is darkened with you lying on your left side.
- During the procedure, if any abnormalities are found such as irritation, inflammation, ulcers, or abnormal growths, the physician may take biopsies, (tiny snips of tissue) to send for laboratory testing.
- An upper endoscopy with Bravo may take 20 to 30 minutes.

WHAT HAPPENS AFTER THE PROCEDURE?

- After the procedure, you will be encouraged to rest until you feel well enough to leave. This is usually 30 to 60 minutes following the exam.
- You should plan on resting for the entire day and should feel like eating a normal diet.
- You may experience a sore throat. You may use lozenges and drink plenty of fluids. Your throat should feel better within 24 hours.
- Your primary care physician and/or your referring physician will be sent the result of your procedure.

WHAT ARE THE RISKS OF THE PROCEDURE?

- Allergic reaction or nausea to the medications used.
- There is some risk of injury to the throat, stomach, or intestine.

WHEN SHOULD I CALL MY GASTROENTEROLOGIST?

Call your provider immediately if:

- You have pain that becomes much worse.
- You develop or continue to have nausea or vomiting.
- You develop a fever.

Call you provider during office hours if:

- You have questions about the procedure or its results.
- You want to make another appointment.
- Please contact your insurance company in advance to verify benefits.
- Please bring insurance card, photo ID, and co-payment to your appointment.
- Patients are responsible for their own parking fees.

Any questions, please call University Gastroenterology at (315) 464-1600.

If you need to change or cancel your appointment, please call (315) 464-1600 or (315) 464-1616.