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## **INSTRUCTIONS FOR BRAVO/PH CAPSULE**

### **HOW IT WORKS**

The test involves a miniature pH capsule, which is approximately the size of a gel cap. The capsule is temporarily attached to the wall of your esophagus. Your physician will first administer local anesthesia. Then, he/she will place a Bravo reflux capsule into your esophagus using a delivery device.

The Bravo reflux capsule will continually measure the pH in your esophagus. It will transmit this information to the Bravo reflux recorder, which is worn on your belt. After the Bravo reflux capsule has been placed, you will be instructed how to use the Bravo reflux recorder. Then, you will leave your physician's office and will be able to resume normal activities.

Once the test has been completed, you will need to return the Bravo reflux recorder according to your physician's instructions. Then, your test data can be downloaded for analysis. Your physician will analyze the information in order to diagnose your condition.

### **WHAT TO EXPECT**

The Bravo reflux capsule takes only moments to place in the esophagus. The test period lasts 48-96 hours, depending on your physician's requests. After placement, the capsule communicates wirelessly with the Bravo reflux recorder (meaning no tube or wire remains in your nose or mouth).

Some patients experience a vague sensation that "something" is in their esophagus. Some patients say they feel the capsule when they eat, as food passes it. Chewing food carefully and drinking liquids may minimize this sensation.

You will be given a diary to write down the times you eat, lie down, and when you have reflux symptoms (coughing, heartburn, regurgitation). This information is important for your physician to make a diagnosis-make sure to keep your diary up to date. Your physician may also ask that you stop taking certain medications during the testing period. It is critical to follow these instructions carefully for an effective test. Your physician's office will instruct you on how to use the Bravo reflux recorder and how to return the equipment.

## **ANSWERS TO YOUR QUESTIONS**

### What are the benefits of the Bravo reflux testing system?

The Bravo reflux testing system is wireless making it convenient and discrete. You are free to move about as long as you stay within three feet (approximately one meter) of the recorder. You can bathe and get a restful night's sleep because you can place the recorder outside the shower or on your nightstand. The test will not be interrupted.

### Will the test restrict my diet and activities?

No. One of the added benefits of the Bravo reflux capsule is that it is so small that you may eat normally and go about your daily routine.

### What happens after the test?

The data captured on the Bravo reflux recorder will be downloaded to a computer and your doctor will view the test results. When the test is complete, the disposable Bravo reflux capsule falls off the wall of your esophagus. It passes naturally with your bowel movement through your digestive tract.

### **2 WEEKS PRIOR TO YOUR TEST:**

Refrain from taking any Protein Pump Inhibitors such as: Prevacid, Aciphex, Prilosec, Protonix, Nexium, Dexilant, Omeprazole, and Sodium Bicarbonate

### **ONE WEEK BEFORE:**

Refrain from taking all H2 Blockers such as: Ranitidine/Zantac, Famotidine, Tagamet, and Axid or Tazac.

### **TWO DAYS BEFORE:**

Refrain from taking any over the counter anti-acids such as: Tums, Roloids, Mylanta, Maalox, Peptol Bismol, Acidil/Refluxil, and Milk of Magnesia.

**Your procedure will be completed in the Endoscopy Unit at Pen Bay Medical Center**

**Your procedure time is tentative, based upon daily schedules, emergencies and cancellations. If a time change is known in advance, you will be notified prior to your procedure day. Unexpected delays can occur on your procedure day, due to unexpectedly long procedures or emergencies.**

### **PREP Call**

You will receive a call from the PREP Department one week prior to the date of your endoscopy appointment. This is a pre-procedure assessment that is done over the phone. It is not an appointment that requires you to come to the hospital. We are on an electronic system that connects to "MyChart" and when you get this notification we are not asking you to have an in-person visit. If you are unable to speak with the PREP team on this day, please call them at 301-8815 between 8:15am & 3:00pm Monday-Friday to reschedule your assessment. If you have consented, you will receive a text message with the appointment date and time of your prep call.

You will be required to be COVID tested prior to your procedure.

### **Cancellation Policy**

It is required to notify us as soon as possible if you need to cancel/reschedule your procedure. Please call Pen Bay Gastroenterology at **301-5973**.

Prior to your scheduled GI procedure, if you experience new heart or breathing problems, or an increase in chronic symptoms, please notify your primary care for treatment. If you are scheduled for cardiac or pulmonary testing, this must be completed prior to your GI procedure. It is important that you are in your best condition possible for your endoscopic procedure.

The following instructions are specific for those patients who will be having an upper endoscopy, a procedure which allows us to look at the lining of your esophagus, stomach, and upper intestinal tract.

**\*\*DO NOT EAT ANYTHING FOR 8 HOURS PRIOR TO  
YOUR PROCEDURE\*\***

**You may have clear liquids including water, fruit juices without pulp, carbonated beverages, clear tea, and black coffee up to 3 HOURS PRIOR TO YOUR PROCEDURE.**

**Call us if:**

- You are diabetic and take insulin or other medication for diabetes
- You are pregnant
- You are on Coumadin, Plavix, Xarelto, Pradaxa, or any other blood thinners
- You have a heart murmur, an artificial heart valve, internal cardiac defibrillator (ICD), prior history of heart valve infections.

Please call your PCP if you require antibiotics before medical procedures. If you are allergic to anything, be sure to tell us.

During COVID, we are encouraging your driver to wait outside the hospital and plan to come back to pick you up after your procedure unless you require special assistance. We are trying to limit the amount of people in the waiting area. If you need to take a taxi or public transportation, you must bring an escort with you. You will not be able to drive a car or operate any machinery until the following day.

Please note that our procedure time is limited and that many patients are waiting to see our physicians. As a courtesy to those patients, please notify our office at least two (2) weeks in advance, if you are unable to keep your appointment. If you have any questions, please call our office **207-301-5973**. We are here to answer your questions and make your procedure a successful one.