

INSTRUCTIONS FOR Bravo Capsule with Upper Gastrointestinal Endoscopy (also called EGD: EsophagoGastroDuodenoscopy)

READ ALL INSTRUCTIONS CAREFULLY

REPORT TO:

Pacific Gastroenterology Endoscopy Center, 26421 Crown Valley Pkwy. # 140B, Mission Viejo.

Date _____ Arrival Time _____

- 1) Do NOT take any acid reducing medications like Prilosec (Omeprazole), Protonix (Pantoprazole), Prevacid (Lansoprazole), Nexium (Esomeprazole), Dexilant (Dexlansoprazole), Aciphex (Rabeprazole), Zegerid, Zantac (Ranitidine), Pepcid (Famotidine), Tagamet (Cimetidine), Axid (Nizatidine), and antacids (like Tums, Roloids, Gaviscon, Maalox, Mylanta) FOR ONE WEEK PRIOR to this test.
- 2) If you are taking **blood thinning medicines like Coumadin (Warfarin), Pradaxa, Xarelto or Plavix**, please consult your doctor. You may need to stop these medications for up to 7 days prior to your procedure.
- 2) Do not eat or drink (except for your usually prescribed pills) after midnight on the night before your test and please eat **NO BREAKFAST** on the morning of your examination.
- 3) **MEDICATIONS**
 - (a) **On the evening prior to your examination:** Take your usually prescribed medications.
 - (b) **On the morning of the procedure:** Take your usually prescribed medications with water before 6 AM. If you are a **DIABETIC**, please discuss with your doctor scheduling this test, what you should do with your insulin on the morning of the procedure.
- 4) **Arrive for Endoscopy at your scheduled time.**
- 5) You will probably require some medication by vein for the procedure to relax you. This medication may make you sleepy for a few hours. If you receive this medication you will be required to remain here at the Endoscopy Center for 1 to 2 hours after the procedure is completed for observation.
- 6) If you receive this relaxing medication by vein, you cannot safely drive yourself home after the test. Therefore, plan on having someone bring you to the Endoscopy Center and return you home after the procedure. Likewise, you should not plan on operating any heavy or dangerous machinery until the day after the procedure.
- 7) Wear loose comfortable clothing. Please wear or bring a pair of socks with you.



If there are any questions regarding the procedure or its scheduling, please call our office at (949) 365-8836.

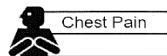
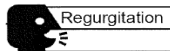
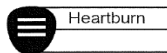
Bravo® pH Monitoring Patient Instructions

Bravo pH testing provides your physician with information regarding acid reflux into your esophagus. Test results are more accurate with your help in completing a detailed diary as well as following the instructions below:

[] Your physician has asked that you continue your medication during testing. Please record in your diary any medication you take for your reflux.

[] Your physician has asked that you discontinue your reflux medication for this test. Please do not take any prescribed medication for the treatment of your reflux during the testing period.

1. You must keep the receiver within 3 feet of you at all times during the testing period (48 hours).
2. If you should forget and move outside of a 3 foot radius of the receiver you may hear beeping and you will see a “C1” error in the display window on the top of the receiver. Place the receiver on your chest/breastbone and hold there for approximately 30 seconds to re-establish the connection between the capsule and the receiver. The error message will disappear once the connection has been re-established.
3. You may take a bath/shower during the testing period, but the receiver **must not get wet and must remain within 3 feet of you**. Please leave the receiver outside of the shower or tub while bathing.
4. Please use the symptom buttons on the receiver to record your symptoms during the testing period:



5. Please remember to record all meals and lying down periods in your diary. You will need to record what time your meal/snack begins and ends and what time you began to lay down and what time you got up. *Note: You need to record all of your up and down times - even quick trips to the restroom at night.
6. You may drink whatever you like with meals and snacks (juices, soda, coffee, tea). Please drink limited amounts between meals and do not sip over long periods. Remember to record all meals, snacks and drinks in your diary. Please do not chew gum or eat hard candy.
7. Please be sure to return your diary with your receiver at the end of the testing period. You should not have an MRI within 30 days from the day the Bravo was placed.

Return the diary and receiver will to:

Place: _____

Date: _____

Time: _____

*If you should have any problems or questions during the study, please call _____



Bravo® pH Monitoring

(actual size)

Frequently Asked Questions

What are the Benefits of the Bravo pH Monitoring Procedure?

The Bravo pH monitoring procedure is catheter-free so you are free to move about as long as you stay within three feet or approximately one meter of the receiver. You can bathe and get a restful night's sleep because you can place the receiver outside the shower or on your nightstand, and the test will not be interrupted.

Will the Test Restrict My Diet and Activities?

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

What Happens to the Capsule after the Test?

Several days after the test, the capsule naturally falls off the wall of the esophagus and passes through your digestive tract.

Is the Bravo pH Monitoring Procedure a Good Solution for Everyone?

Bravo pH monitoring is not for everyone. Risks include: premature detachment, discomfort, failure to detach, tears in the mucosa, bleeding, and perforation. Endoscopic or transnasal placement may present additional risks. Medical, endoscopic, or surgical intervention may be necessary to address any of these complications, should they occur. Please consult your physician or refer to www.givenimaging.com for detailed information.

Instructions from Physician or Nurse:

Do not have an MRI for 30 days.

I cannot have an MRI until: _____
Date

Notes:

For additional information call:



www.givenimaging.com

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Bravo® pH Monitoring



For more information, please visit www.givenimaging.com.



Bravo® pH Monitoring

A patient-friendly test for GERD

Why Test for GERD?

Do you have frequent indigestion or a burning sensation in the center of your chest? Do you regularly get sour or bitter-tasting fluids in your throat or mouth? Do you avoid lying flat or bending over to prevent acid from backing up into your throat?



If you answered “yes” to any of these questions, you might have chronic (more than twice per week) heartburn or GERD (gastroesophageal reflux disease). The heartburn may be so severe that it interferes with your daily routine.

Frequent or chronic heartburn may be associated with a more serious problem known as GERD. Damage caused by GERD can lead to more serious medical problems such as difficulty in swallowing (dysphagia), narrowing of the esophagus (strictures), or Barrett’s esophagus.

Now, there is a minimally invasive test for evaluation of heartburn or related symptoms—it’s called Bravo pH monitoring. Your doctor will analyze results from this test to determine what is causing your symptoms and the best treatment to prescribe for you.

Bravo pH monitoring is a patient-friendly test for

What is Bravo® pH Monitoring?

identifying the cause of heartburn. This test allows your doctor to evaluate your heartburn symptoms to determine the frequency and duration of acid coming up into your esophagus and to confirm if your condition may be GERD.

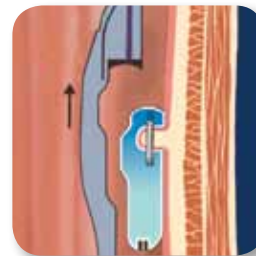
The test involves a miniature pH capsule, approximately the size of a gelcap, that is attached to your esophagus. Through-out the test period, the Bravo pH capsule measures the pH in the esophagus and transmits this information to a small receiver worn on your belt or waistband just like a pager or mobile phone.

What Can I Expect During the

IMPORTANT REMINDER: This brochure provides general information only and should not be used as a definitive basis for diagnosis or treatment in any particular case. It is very important that you consult your doctor about your specific condition.



The doctor places a Bravo capsule in your esophagus.



Capsule is pinned to the esophageal wall and the delivery device is removed.



Capsule immediately begins transmitting pH data.

Procedure?

The capsule takes only moments to place in the esophagus. Then, the test period lasts 48 hours or more, depending on what your doctor requests.



The test is catheter-free.¹ The capsule is small so you may eat normally and go about your daily routine.

Some patients say they have a vague sensation that “something” is in their esophagus. Some patients say they feel the capsule when they eat or when food passes the capsule. Should you experience this, chewing food carefully and drinking liquids may minimize this sensation.



You will be given a diary to write down the times when you have reflux symptoms (for example, coughing, heartburn, regurgitation), when eating or when lying down.

After the test is completed, you return the diary and the Bravo Receiver to your doctor. The test data is then uploaded to a computer, and analyzed by your doctor to diagnose your condition.

¹Meaning no tube or wire remains in your nose or mouth after placement of the capsule.