

# Bravo™ Reflux Testing System

## Gastroesophageal Reflux Disease (GERD)

GERD is a digestive disorder that allows food and stomach acid to back up into your esophagus. Your esophagus is the tube that connects your mouth to your stomach. GERD can cause heartburn or acid indigestion.

In normal digestion, food moves down your esophagus into your stomach, passing through your lower esophageal sphincter. This is a flap valve that connects your esophagus to your stomach. It opens to let food into your stomach and then closes. With GERD, the flap doesn't always work properly. It may be weak or open at the wrong time.

## Checking for GERD Symptoms

Having heartburn often or for a long time (chronic) may be a symptom of GERD. Damage caused by GERD can lead to problems with swallowing, a narrowing of your esophagus and Barrett's esophagus.

Your health care provider will insert a small Bravo™ capsule in your esophagus to check for heartburn, acid reflux and other symptoms. You will also fill out a diary every time you have symptoms.

Your health care provider will use the results to create a treatment plan.

## How Bravo Works

The Bravo capsule measures the level of acid (pH) in your esophagus. It transmits this information to a recording device. You will wear the recorder (about the size of a mobile phone) on your belt or waistband. Bravo will record for 2 days (48 hours).

## Before the Procedure

- Do not use any over-the-counter or prescribed medicine to control acid reflux for 5 to 7 days before your procedure.

## During the Procedure

- Your health care provider will give medicine to make you relaxed and sleepy.
- He or she will place the Bravo capsule onto the wall of your esophagus.

## After the Procedure

- The procedure takes only a few minutes.
- You can continue your normal activities.
- The Bravo capsule will fall off the wall of your esophagus and pass naturally through your digestive tract in a bowel movement. This usually happens within several days to several weeks.

## How to Use the Bravo Recorder

- Keep the recorder within 3 feet of you at all times during the test period.
  - If you forget and move outside the 3-foot radius of the recorder you will hear beeping for 30 seconds and the green icon disappears from the recorder. If this happens, move the recorder closer to you until the beep stops and the icon reappears on the screen.
- You may take a bath or shower. Do not get the recorder wet. Keep the recorder outside of the shower or tub within 3 feet of you.
- You may feel the capsule when you eat. Chew your food well and drink water and other non-alcoholic beverages.
- Drink whatever you like with meals such as juice, soda, coffee or tea. You may also drink alcoholic beverages if this is a normal part of your meal.
- Between meals, do not sip beverages slowly. You may drink a full glass or cup of liquid and record in your diary and recorder. You may take a swallow of liquid to take medicines.
- Do not chew gum or eat hard candy.
- Try not to snack between meals.

## How to Track Symptoms

- Your health care provider will show you how to use the recorder and how to fill out the diary. Write down **all** the times you have reflux symptoms when you eat or lie down. Common symptoms to record include:
  - burping up small amounts of food
  - coughing
  - heartburn.
  - Use the symptom buttons to record your symptoms:

- Record all your meals, drinks and snacks by pressing the Meal Button once at the start of your meal and again at the end of your meal.
- Press the Supine button once when you lie down in bed and once when you get up.
- Record all of your up and down times, even quick trips to the bathroom at night or if you lie down before going to bed.

## Returning the Recorder

- You will need to return the recorder and diary when the testing period is done.
- Take both the recorder and your diary to Allina Health Buffalo Specialty Clinic by 10 a.m. on \_\_\_/\_\_\_/\_\_\_.

## Risks of the Procedure

Risks include:

- bleeding or tearing of tissue
- discomfort
- the Bravo won't attach to your esophagus wall, it won't come off, or it comes off too soon
- swallowing the capsule into your lungs.

Call your health care provider if you have any concerns or questions.

## Special Note

Do not have an MRI (magnetic resonance imaging) 30 days after the Bravo test because the capsule contains a small magnet.