

# Upper Endoscopy with Bravo pH Study

Frequent heartburn may be associated with gastroesophageal reflux disease, commonly called GERD. Over time, damage caused by GERD can lead to serious problems such as swallowing difficulties, narrowing of the esophagus, abnormal changes in the cells and tissue of the esophagus.



The Bravo testing system is a minimally invasive test to evaluate heartburn and related symptoms.

## What to Expect

You will be placed under light anesthesia/sedation. Your doctor will perform an upper endoscopy, a diagnostic test that lets your doctor examine the lining of your esophagus, stomach, and the first part of the small intestine (duodenum) using an instrument called an endoscope. The endoscope has a tiny light and lens attached to a long, thin tube, and it produces images your doctor can see on a video monitor.

The Bravo reflux capsule is placed in the lower esophagus using a special delivery device. The pH capsule is about the size of a gel capsule. It is temporarily attached to the wall of the esophagus.

This procedure takes 10-20 minutes.

## How to Prepare

You may have a preop appointment in the Anesthesia & Preoperative Evaluation Center (APEC) some time before your procedure. You may have an ECG (electrocardiogram/EKG) and blood work done. They will discuss your pre-op instructions with you and review your medications.

If you take any medication that affects blood clotting, they will tell you if and when you should stop it before the procedure.

- **7 days before the procedure:** Stop taking proton pump inhibitors (PPI): omeprazole (Prilosec®, Prilosec OTC, Zegerid®), lansoprazole (Prevacid®), pantoprazole (Protonix®), rabeprazole (Aciphex®), esomeprazole (Nexium®), and dexlansoprazole (Dexilant®)
- **2 days (48 hours) before the procedure:** Stop taking beta blockers, **if approved by your physician:** Atenolol (Tenormin®), Bisoprolol (Zebeta®), Metoprolol (Lopressor®, Toprol XL®), Nadolol (Corgard®), and Propranolol (Inderal®). Ask your doctor or pharmacist if you are not sure if you take a beta blocker.
- **1 day (24 hours) before the procedure:** Stop taking all other types of antacids.

Here's a list of your medications to stop before the procedure:

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- + **Food/Drink: Stop all food and drink 8 hours before your procedure except for water. Stop drinking water 2 hours before your procedure.**
- + **Arrange to have a responsible adult to drive you home after the procedure. If you do not have an adult to drive you home, your procedure may be cancelled.**

## After the Procedure

- When the anesthetic wears off, you may have a sore throat for 1-2 days. Throat lozenges or ice chips may help ease soreness.
- You may also feel drowsy from the sedative, so when you sit up, sit up slowly.
- You must have a responsible adult to drive you home. **Do not drive, operate dangerous machinery, or drink alcohol for 24 hours after your procedure.**
- **Diet & Activity:** Resume your normal diet and activity
- **Antacids & PPI medications:** Do not take any of these medications until the doctor tells you the test is complete.
- Some people say they feel “something” is in their throat. You may feel food passing the capsule when you swallow. Chew your food carefully and drink liquids to lessen this feeling.

**DO NOT HAVE AN MRI FOR 30 DAYS**, or if you have not positively verified that you have passed the capsule in a bowel movement. Having an MRI while the capsule is in place inside your body may result in serious damage to the intestinal tract or the abdominal cavity.

## How Does the Test Work?

This capsule will continuously measure the level of acid in the esophagus and transmit information to the Bravo recorder, which is worn on a belt. You are free to move around within a 3 foot radius of the recorder.

You will receive separate instructions about how to use the recorder and keep an accurate diary when you eat, lie down, or have any GERD symptoms. Follow these instructions carefully for an accurate test result. Our surgery/endoscopy team will show you how to use the recorder and how and when to return the equipment to the center.

The Bravo capsule will fall off the wall of the esophagus and pass naturally through your digestive tract and out of your body with your bowel movement.

## What are the Risks?

Complications are uncommon, particularly when highly trained and experienced physicians perform the procedure. Possible complications include:

- bleeding (at the site of a biopsy)
- reaction to the sedative medication
- complications from pre-existing heart or lung disease
- a tear in the lining of the digestive tract (perforation)
- infection

## When Should I Call the Doctor?

Call your doctor immediately if you have:

- **a fever of 100.4°F (38°C) or higher** or fever with chills
- trouble swallowing
- increasing throat, chest, or abdominal pain
- unusual blood in your stool
- coughing or spitting up blood
- difficulty breathing (If you feel like you cannot get any air, call **911**, or go to the nearest hospital emergency department.)

## Questions or Concerns

- The Thoracic is open Monday to Friday from 8:00 a.m. to 5:00 p.m.
- **Thoracic patients:** Please call **716-845-3167** when the Center is open. After hours, please call **716-845-2300** and our Call Center staff will direct your call.
- Roswell's main number, **716-845-2300** is available 24/7 for all patients. If it is determined you need to be seen, we may ask you to come to the Assessment & Treatment Center (ATC). You must be referred to the ATC by your doctor (or the doctor on call). The ATC is not a walk in clinic.