



COOK COUNTY HEALTH

Instructions for Your EGD and Bravo Appointment

Clinic Information

Please report to **Clinic R** at the arrival time listed in your appointment instructions:

- **Location:** Second floor of John H. Stroger Hospital, 1969 West Ogden Avenue, Chicago, IL.

Important Notes

- **Escort Requirement:** Bring a responsible adult escort to drive or accompany you home.
 - Escorts must check in with you and provide a contact number.
 - You **cannot drive** or use public transportation alone after the procedure.
- **Cancellation:** Your test will be canceled if you fail to follow these instructions.
- **Need to Reschedule:** If you cannot find an escort or complete the preparation, please call:
 - **312-864-3250**
 - **312-864-3251**
 - **312-864-3252**

Preparation for EGD

Night Before Procedure

- **Fasting:** Do not eat or drink after midnight. An empty stomach ensures a clear view for the doctor.

One Week Before Procedure

- **Blood Thinners:** Consult your healthcare provider if you take medications such as:
 - Coumadin (Warfarin), Plavix (Clopidogrel), Pradaxa, Xarelto, Eliquis, Savaysa

- Brilinta, Effient, Lovenox
 - **Insulin/Diabetes Medications:** Discuss dosage adjustments with your healthcare provider.
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Day of Procedure

- **Medication:** Take blood pressure and seizure medications with a small sip of water. Do not take oral diabetic medications.
 - **Medications List:** Bring all your medications to the hospital.
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Additional Reminders

- **Valuables:** Leave all valuables at home. The clinic is not responsible for lost or damaged items.
 - **Nail Polish:** Do not wear nail polish on the day of the procedure.
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Contact Information

- **For Appointment Confirmation:**
Call 312-864-3250, 312-864-3251, 312-864-3252, or 312-864-3264.
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Bravo pH Monitoring System

Purpose

Your doctor has requested this test to diagnose or manage GERD (Gastroesophageal Reflux Disease).

Symptoms may include:

- Heartburn, chest pain, difficulty swallowing, lump in the throat, cough, sore throat, or hoarseness.

Procedure

During an upper endoscopy (EGD), a small pH capsule (size of a gel cap) is attached to your esophagus.

- The capsule transmits acid exposure data to a recorder worn on your waist for **48–96 hours**.
- You'll track meals, symptoms, and rest periods in a provided diary.
- After 7–10 days, the capsule naturally detaches and passes through your digestive tract.

Preparation for Bravo pH Test

Medications to Stop

- **7 Days Before Monitoring:** Proton Pump Inhibitors (PPIs), e.g.:
 - Omeprazole (Prilosec®), Lansoprazole (Prevacid®), Rabeprazole (Aciphex®), Pantoprazole (Protonix®), Esomeprazole (Nexium®).
- **2 Days (48 Hours) Before Monitoring:** H2 blockers and promotility drugs, e.g.:
 - Ranitidine (Zantac®), Cimetidine (Tagamet®), Famotidine (Pepcid®), Nizatidine (Axid®), Metoclopramide (Reglan®).
- **1 Day Before Monitoring:** Stop antacids such as Tums®, Maalox®, Mylanta®, etc.

Dietary Restrictions

- **Night Before Appointment:** No solid foods after midnight; only clear liquids.
- **4 Hours Before Appointment:** Do not eat or drink anything.

Contraindications

- Avoid this test if you have:
 - Nickel allergy, pacemaker, defibrillator, esophageal varices, strictures, or a tendency to bleed.
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After Bravo Monitoring

Post-Procedure

- Recover for **30–45 minutes**. Most patients experience no discomfort, though mild chest discomfort or sore throat is rare.
- Resume eating immediately unless advised otherwise.

Recorder Instructions

1. Keep the recorder within **3 feet** at all times.
2. Record meals, symptoms, and lying-down periods using the buttons.
3. Avoid getting the recorder wet (e.g., leave it outside the shower).

Return Instructions

- Return the recorder and diary to the GI lab **48–96 hours after the procedure**.
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Restrictions

- No MRI scans for **30 days** after capsule placement due to the magnetic component.
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Contact for Questions

- During the study: Call **312-864-3250, 312-864-3251, 312-864-3252, or 312-864-3264**

Please scan QR code for further information

Bravo patient Video in English:



Bravo Patient Video in Spanish

