

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

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- 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:
 - o **312-864-3250**
 - o **312-864-3251**
 - o **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:
 - o Coumadin (Warfarin), Plavix (Clopidogrel), Pradaxa, Xarelto, Eliquis, Savaysa

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

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.

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.

Contact Information

• For Appointment Confirmation: Call **312-864-3250**, **312-864-3251**, **312-864-3252**, or **312-864-3264**.

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.

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**.

Restrictions

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

Contact for Questions

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

Patient Diary

Date:

Study recording start time:			Study recording end time:		
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			Capsule ID:		
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Please record additional data on reverse side. Always refer to the time displayed on the recorder to write down the Time of event above.

Recording event on the Bravo[™] pH recorder

V 🗣 🐐	Press any of the three symptom buttons (chest pain, regurgitation, heartburn) once for each individual event.
	Press the meal button once at the start of the meal and once at the end of the meal. In between the two presses, the button LED will blink until the button is pressed to mark the end the event.
•	Press the supine button once when lying down for bed and once at the end of the lying period. In between the two presses, the button LED will blink until the button is pressed to mark the end the event.

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Time of event	Circle a.m. or p.m.	Meal Start	Cheerd Cheerd Begurgianin Hearth	Officer Officer	Comments		
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Please scan QR code for further information

Bravo patient Video in English:



Bravo Patient Video in Spanish

