

Acid Reflux Study – Bravo® Method

Bravo® is a recording capsule. It tests acid levels in the esophagus to help detect gastric reflux. It is attached to the esophagus during the endoscopy.

Once attached, it sends readings to a monitor that you carry. This will record all acid readings for the next 48 hours. Two days before, you will begin keeping a diary of when you eat and drink. Record when you are laying down, and any symptoms you have.

Getting Ready

If you are taking medicine to reduce stomach acid, stop taking them. (see list below).

- **14 days before, stop:** Nexium® (esomeprazole).
- **7 days before, stop:** Aciphex® (rabeprazole), Protonix® (pantoprazole), Prilosec® (omeprazole), Prevacid® (lansoprazole).
- **2 days before, stop:** Propulsid® (cisapride), Zantac® (ranitidine), Axid® (nizatidine), Pepcid® (Famotidine), and Tagamet® (cimetidine).
- **12 hours before, stop:** Zelnorm® (tegaserod maleate) and Reglan® (metoclopramide). No over the counter antacids (Maalox, Gaviscon, tums, Roloids).

Blood thinning medicine should not be stopped without talking to your provider. The provider will instruct you on how to stop the medicines.

One Week before Your Procedure

Blood thinning medicines should be stopped as follows:

- No prasugrel (Effient®) for **7 days**
- No warfarin (Coumadin®) for **5 day**
- No clopidogrel (Plavix®) for **5 days**
- No dabigatran (Pradaxa®) for **2 days**
- No rivaroxaban (Xarelto®) for **2 days**
- No apixaban (Eliquis®) for **2 days**
- No enoxaparin (Lovenox®) for **12 hours**

Diabetic medicines (oral and insulin) will need to be adjusted for the time you are not eating as normal. Please discuss this with your provider.

No solid food after midnight the day of the exam. You may drink clear liquids.

Day of the Procedure

Stop drinking liquids 4 hours before you arrive for your visit. You may take your medicines with sips of water up until 2 hours before your visit.

You will need a responsible adult with you. They will drive you home after your procedure because of the sedation medicines used.

If you use CPAP or BiPAP for sleep apnea, please bring it with you. We may need your machine in order to sedate you safely.

A nurse will teach you how to use the recording device, diary and answer your questions.

After the test and for the rest of the day:

- Plan to rest and do not return to work.
- Do not drive or use hazardous machinery.
- Do not make any important decisions
- Do not drink alcohol.

You should be able to resume your regular diet and normal daily tasks on the day after your test.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Return the recorder:

After the 48-hour study period is over, please return the recorder and diary to the clinic.

After the Test:

Do not have an MRI for 30 days.
Please allow 1-2 weeks for the final reports to be given to your doctor to review.

Who to Call

If you have any questions, you may contact your doctor at the numbers listed below.

UW Health Digestive Health Center

750 University Row
Madison, WI 53705
(608) 890-5000
(855) 342-9900

University of Wisconsin Hospital & Clinics

GI Procedure Clinic
600 Highland Avenue
Madison, WI 53705
(608) 263-8097
(800) 323-8942

UW Health at The American Center

4602 Eastpark Blvd
Madison, WI 53718
(608) 440-6300
(844) 607-4800

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#6265.