

Acid Reflux Study – Bravo® Method

Bravo® is a capsule that tests acid levels to help detect gastric reflux. It will be attached to the esophagus during an endoscopy. Once attached, it sends readings to a recording device that you carry.

One Week Before the Study

Acid Medicines

Stop taking medicine to reduce stomach acid before the study (see list below).

- **7 days before, stop:** Nexium® (esomeprazole), Aciphex® (rabeprazole), Protonix® (pantoprazole), Prilosec® (omeprazole), Prevacid® (lansoprazole)
- **3 days before, stop:** Propulsid® (cisapride), Zantac® (ranitidine), Axid® (nizatidine), Pepcid® (Famotidine), Tagamet® (cimetidine) and Voquezna (vonoprazan)
- **12 hours before, stop:** Zelnorm® (tegaserod maleate) and Reglan® (metoclopramide), no over the counter antacids (Maalox®, Gaviscon®, Tums®, Rolaids®)

Blood Thinners

You must call your doctor who prescribed this to see if you need to stop or adjust your medicine before your test. Your doctor will tell you how to safely do this.

The UW Digestive Health Center suggests talking to your doctor using the table listed. Ask your doctor about your bleeding risk with this test. If your doctor feels your bleeding risk is low, they will likely have you follow the schedule below to stop your blood thinning medicines. If your doctor feels your bleeding risk is high, they may have you follow a different timeline. The list

below has common blood thinning medicines. It does not include **all** blood thinning medicines.

Name of Medicine (Blood thinners)	When to Stop
Prasugrel (Effient)	7 days before
Warfarin (Coumadin)	5 days before
Clopidogrel (Plavix)	5 days before
Ticagrelor (Brilinta)	5 days before
Cilostazol (Pletal)	1 day before
Dabigatran (Pradaxa)	1 day before
Rivaroxaban (Xarelto)	1 day before
Apixaban (Eliquis)	1 day before
Edoxaban (Savaysa)	1 day before

If your doctor tells you **not** to stop your medicine, please call the Digestive Health Center at **608-890-5010**. This may affect your procedure.

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

Test Day

Diet

Begin **clear liquid diet** after midnight.

Clear liquids include:

- Water, clear sports drinks like Gatorade®
- Broth
- Black coffee, tea, soda
- Apple juice
- Jell-O®

Avoid creamers, milks or other dairy products.

Stop drinking everything, even water, **4 hours before** you arrive.

Medicines

If you need to take medicine during the 4 hours before your arrival, drink no more than 1/2 cup of water (4 ounces). Follow your provider's directions for your diabetes or blood thinning medicines.

What to Bring

- CPAP or BiPAP and any inhalers that you use
- Eyeglass or contact lens case, denture cup
- Ostomy supplies
- Wear comfortable clothing
- Phone number for your driver

Do not bring jewelry, money, or other valued items.

Before the Test

When you arrive, you can choose if your driver waits in the waiting room or in your private room. They will hear your health history if in the private room. Your doctor will talk with you, answer questions and ask you to sign a consent form.

A nurse will review your health history, take your vital signs, and attach a heart monitor. They will place an IV and give you medicines to help you relax and keep you comfortable. The nurse will teach you how to use the BRAVO device and diary. They will answer any questions at that time. Your visit will take about 2-3 hours.

After the Test

Your doctor will review the results and give you a report. We strongly suggest that you have your driver in the room with you to hear the results.

You may feel tired when you leave. Spend the day resting at home. **You cannot drive or return to work.** You can return to your normal routine the next day.

You may have a mild sore throat. Salt-water gargles should help.

If you stopped blood thinning medicine before your test, ask when it can be restarted.

Do not have an MRI for 30 days. This will allow the BRAVO device to fall off and pass through the body.

When to Return the Recorder

After the 48-hour study you will return the recorder and diary to the clinic.

Results

Please allow 1-2 weeks for the results to be given to your doctor to review.

Who to Call

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

UW Health Digestive Health Center

750 University Row

Madison, WI 53705

(608) 890-5000 or (855) 342-9900

GI Procedure Clinic

600 Highland Avenue

Madison, WI 53705

(608) 263-8097 or (800) 323-8942

UW Health East Madison Hospital

4602 Eastpark Blvd

Madison, WI 53718

(608) 440-6300 or (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 © 1/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#6265