

# Bravo™ Reflux Test

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The purpose of the Bravo™ Reflux Test is to help identify and diagnose the root cause of reflux symptoms.

### Procedure Information

There is a short video that is linked on our website that will help explain Bravo™ and how it works. The video provides multiple pieces of information that will be important for you to understand before your procedure. You can find the video by

- Going to [saintcroixhealth.org](http://saintcroixhealth.org)
- Searching "Gastroenterology"
- Finding "Bravo™ Reflux Test" on the page
- Clicking on the link to the video



### Contraindications for Bravo™

If you have a history of any type of reaction to nickel, this procedure is not safe for you. Please discuss with your provider other options if you have bleeding problems, narrowing of the esophagus, or cirrhosis of the liver with varices.

Also, do not proceed with this procedure if you have a pacemaker or implantable defibrillator.

### Preparing for the Procedure

Do not eat or drink for eight (8) hours prior to your arrival time.

### During the Test

The receiver must be within **three (3) feet** at all times. While you are sleeping, the receiver should be placed under your pillow.

### Eating and Drinking

Your eating habits should remain the same, but avoid gum, hard candy, breath mints, and all nut butters. When drinking water, drink a glass and wait; do not sip on a glass all day. You may experience the sensation of the capsule being in your esophagus, particularly when you eat, which can give you a sense of food sticking. This is normal. To assist with this sensation, make sure you are chewing your food thoroughly and drinking liquids. Pain and/or discomfort in your chest when you swallow is normal.

### What You Need to Do With the Receiver

We need to know when you eat and/or drink anything.

- Push any button to wake the receiver up.
- Select the fork and knife image button when you begin to eat and/or drink. A small green light will flash.
- When you have finished, push any button to wake the receiver up. Push any button to wake the receiver up.
- Select the fork and knife image button again to signal you have finished eating/drinking. The small green light will stop flashing.
- Record your eating/meal times on your symptom diary.

**Information Continued on Other Side**



### During the Test (cont.)

#### Body Position

Similar to your eating habits, we need to monitor how your body's position affects your symptoms.

#### What You Need to Do With the Receiver

- *If you are having issues with the connectivity of the receiver, please call us.*
- When you lie down, push any button to wake the receiver up.
- Select the bed image button so the receiver knows you are lying down. A small green light will flash.
- When you get up, push any button to wake the receiver up.
- Select the bed image button again to signal you are changing position to upright. The small green light will stop flashing.
- Record your sleep/lying down time on your symptom diary.

#### Activity

Continue your day-to-day activities as normal during the test while keeping the receiver within **three (3) feet** at all times. Showering is acceptable, but the receiver needs to remain just outside of the shower because the receiver **CANNOT** get wet.

#### Medications

You may continue to take all of your medications as prescribed **EXCEPT** any medications used for reflux unless directed differently by your doctor.

#### When to Stop Medications

Seven (7) days prior to your procedure, STOP taking the following medications:

- AcipHex® (rabeprazole), Dexilant® (dexlansoprazole), Nexium® (esomeprazole), Protonix® (pantoprazole), Prevacid® (iansoprazole), Prilosec® (omeprazole), Zegerid™ (omeprazole/sodium bicarbonate), GLP1 (Ozempic®, Wegovy®, Mounjaro®)

Two (2) days prior to your procedure, STOP taking the following medications:




- Axid® (nizatidine), Carafate® (sucralfate), Pepcid® (famotidine), Reglan® (metoclopramide), Tagamet® (cimetidine)

STOP taking the following medications 24 hours prior to your procedure:

- Any over-the-counter antacides including Maalox®, Mylanta®, Rolaids®, and Tums®

#### Symptoms

If you experience any of the following symptoms, please follow the appropriate instructions below. All symptoms also need to be recorded in the symptom diary.

- **HEARTBURN:** Push any button to wake the receiver up and select the Square Button. 
- **REGURGITATION:** Push any button to wake the receiver up and select the Circle Button. 
- **CHEST PAIN or COUGH:** Push any button to wake the receiver up and select the Triangle Button. 

### After the Test

The receiver will automatically shut off at the end of the study. The receiver and the diary must be returned to the clinic once complete. At the completion of the study, you may resume any reflux medications. You can expect the capsule to release within 7-10 days and pass through your stool.

If you experience mild to moderate chest pain, this is normal and you may take acetaminophen (Tylenol®) as directed. Any severe chest pain, vomiting blood, or troubles breathing should be evaluated by an Emergency Department.

No MRIs for 30 days after completion of the test. If an MRI is necessary, you will need an x-ray prior to the MRI to make sure the capsule has passed.

You must return the receiver with the diary to the St. Croix Falls Clinic 96 hours (~4 days) after the procedure.