

# Bravo Endoscopy Instructions

At **check in time**: see [DIRECTIONS TO OUR FACILITY](#), checking in at either Oregon Endoscopy Center (OEC) or the Surgical Procedure Area (SPA).

**To prepare for Bravo Endoscopy**, follow these instructions carefully:

Please inform the procedure scheduler if you have an allergy to nickel, as a different procedure will need to be ordered due to equipment.

48-72 hour pH monitoring is a test to determine the severity of gastroesophageal reflux disease (GERD). This test shows us which symptoms could be from gastroesophageal reflux disease or if you might benefit from surgery to correct gastroesophageal reflux.

- **Acid reducing medication needs to be discontinued for the testing. Stop taking Prilosec, Nexium, Aciphex, Protonix, or Prevacid 7 days before the test.**
- **H2 Blockers (Tagamet, Zantec, Axid, Pepcid) should be stopped 3 days before the test.**
- **Antacids (Tums) should be stopped 24 hours before test.**
- No solid food or milk products after midnight on **the day prior to your procedure**. After midnight you may have **ONLY CLEAR LIQUIDS** such as black coffee, tea, soda, water, apple juice, white grape juice, excluding broth and Jell-O. **You should have nothing by mouth including water, chew tobacco, cigarettes, gum or mints 4 hours prior to check in** except for your medications.
- **Take your usual medications (except the ones that are listed above)** with a small sip of water the morning of your exam including pain relievers and anti-anxiety medications. If you are taking blood thinning medications or diabetic medications, follow the [MEDICATION INSTRUCTIONS](#) unless specified by our office with special instructions. You may continue aspirin products.

**Arrange for someone to drive you home** as you will be medicated for this procedure. You may NOT take a taxi or a bus home. If you are scheduled at OEC you will be with us approximately 2 hours. If you are scheduled at SPA you will be with us approximately 3-4 hours.

Because we are interested in knowing whether certain symptoms are associated with acid in the esophagus, we will ask you to keep a written log. In this log you will mark the time and duration of certain symptoms such as chest pain, heartburn and cough. You will wear an external receiver that will collect and record the data from the sensor. **You must return the equipment to this facility you were scheduled at.**