

## MOTILITY/pH STUDY/BRAVO PREPARATION INSTRUCTIONS

Please visit our website at [www.digestivehealthclinic.com](http://www.digestivehealthclinic.com) and read these instructions carefully. If instructions are not followed, your physician may not be able to complete your procedure. If you have preparation questions, please call our prep hotline 8am-5pm, Monday-Friday at **(208) 489-1887**. For any after-hour concerns you can leave a message with our answering service and we will return your call as soon as possible.

### **You are required to contact our office at (208) 489-1887, IF:**

- You are on COUMADIN OR OTHER BLOOD THINNERS so that we can determine if or when you need to stop these medications prior to your procedure.
- You are INSULIN-DEPENDANT DIABETIC and need specific instructions.
- You have questions about which medications you should and should not take.
- It is not generally advisable to have this test if you have a cardiac pacemaker, pacemaker defibrillator, TENS unit or other electro-medical device unless your gastroenterologist has approved the test in your special circumstances.

### **pH Study or BRAVO only** - if you are scheduled for this test:

- You must **not** take the following medications for one week prior to your study:  
Aciphex, Nexium, Prilosec, Prevacid, Protonix, or Dexilant.
- For 3 days prior to the study, you should not take the following: Zantac, Tagamet, Pepcid, Axid.
- For 24 hours prior to your study, you should not take the following: TUMS, Mylanta, Maalox.

### **THREE DAYS BEFORE YOUR PROCEDURE**

- **Do not** take any medications that may affect how your digestive tract functions for three days before your study.  
Examples: Donnatal, Librax, Reglan

### **THE DAY BEFORE YOUR PROCEDURE**

- **Do not eat any solid food after midnight** the night before the test. You may have clear liquids up to four (4) hours before the test.  
CLEAR LIQUIDS: Water, chicken, beef or vegetable broth, juice such as white grape, apple, lemonade without pulp, sodas - diet and regular, Gatorade or other sports drinks, tea, coffee (black), Jell-O and popsicles. **NO RED OR PURPLE DYES.**

### **THE DAY OF THE PROCEDURE**

- Anyone visiting the facility (patient or driver, etc.) should not wear fragrances such as perfume, cologne, scented lotions or oils, as these may cause others to have an allergic reaction.