

PROCEDURE PREPARATION FOR:

pH STUDY/BRAVO

This instruction sheet encompasses multiple different procedure types, a member of our office will confirm which of the below procedures you are scheduled for

pH Study measures the acidity of the esophagus. A thin, flexible tube is inserted into the esophagus through the nose or mouth. The probe measures pH levels in the esophagus over a 24-hour period

BRAVO is a wireless, catheter-free test that measures the acid levels in your esophagus to help diagnose gastroesophageal reflux disease (GERD). A small recording capsule is temporarily attached to the esophagus during an upper endoscopy (EGD), and it transmits data to a small, external receiver you wear for 48 to 96 hours. The capsule naturally falls off and passes through your digestive system, eliminating the need for it to be retrieved.

Special consideration: It is not advised to have these tests if you have a cardiac pacemaker and/or defibrillator, TENS unit or other electro-medical device.

7 DAYS PRIOR TO YOUR PROCEDURE

- ✓ STOP taking the below medications:
 - Aciphex, Nexium, Prilosec, Prevacid, Protonix, Dexilant
- ✓ CONTINUE to take:
 - Regular prescription medications unless instructed to stop by our office or another provider

3 DAYS PRIOR TO YOUR PROCEDURE

- ✓ STOP taking the below medications:
 - Zantac, Tagamet, Pepcid, Axid

1 DAY PRIOR TO YOUR PROCEDURE

- ✓ **STOP:**
 - Do **NOT** consume alcohol, creamer, red or purple-colored liquids
 - Medications: TUMS, Mylanta, Maalox
- ✓ **DIET:**
 - Up until 11:45PM you may consume a regular diet
 - After 11:45PM, you may only consume clear liquids up until **4 hours** prior to your procedure.
 - Examples include: water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee and tea (no cream), and soft drinks

DAY OF YOUR PROCEDURE

- ✓ **4 HOURS** before procedure:
 - **DO NOT DRINK ANY LIQUIDS OR CONSUME ANYTHING BY MOUTH** due to risk of aspiration. Failure to comply will result in your procedure being delayed or cancelled!

PREPARING FOR ARRIVAL

- ✓ Leave your valuables (including watches, jewelry, and personal effects) at home.
- ✓ Please bring your photo ID, insurance card, and an updated list of medications.

MEDICATION ADJUSTMENTS

- ✓ **For Diabetic Patients:**
 - Remember to check your blood sugars frequently the day before and day of your procedure.
- ✓ **For Patients on Blood Thinners:**
 - If you're taking blood thinners like Warfarin, Plavix, Eliquis, or Xarelto, make sure to follow the specific instructions our office has given you.
- ✓ **For Patients Taking GLP-1 Medications:**
 - Examples include Ozempic, Wegovy, Zepbound, Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyxin, and Rybelsus.
 - **If you take your GLP-1 medication daily:** Do not take it on the day of your procedure.
 - **If you take your GLP-1 medication weekly:** Do not take it for 7 days before the procedure.

Need More Help?

- If you have any questions about these instructions, please call our office during regular business hours 8:00AM–5:00PM Monday through Friday at 208-489-1887.
- If you need to call after 5:00PM, please use 208-489-1900.

Frequently Asked Questions (FAQs)

- For answers to frequently asked questions, visit our website: www.digestivehealthclinic.com
- Please remember to report to the hospital for your procedure.