










## BRAVO Do's & Don'ts



DO's	Don'ts
<ul style="list-style-type: none"> <li>Fill out meal times with a start time and an end time, <b>REMEMBER TO CHEW FOOD WELL.</b></li> <li>Push  at start and end of the meal.</li> <li>Fill out when you lay down with a start time and an end time. Push  when you lay down.</li> <li>Push  when you get up.</li> <li>Use the time on the top of the receiver.</li> <li>Push the appropriate button when you have Heartburn, Regurgitation, or Chest Pain.</li> <li>Keep the receiver within 3 feet of you.</li> <li>Put it on your chest if the receiver beeps or has an error message.</li> <li>Keep the receiver dry.</li> <li>If the screen goes blank press any button to wake it up. You will need to press the button.</li> </ul>	<ul style="list-style-type: none"> <li>Sip drinks for a long period of time.</li> <li>If you <b>forget</b> to press the Heartburn, Regurgitation, or Chest Pain button after event - <b>DO NOT PRESS BUTTON</b>, write event down on patient log with correct time.</li> <li>Chew gum.</li> <li>No Lozenges or hard candy.</li> <li><b>Don't forget the unit will automatically turn off when study is over.</b></li> </ul>

**If you have any questions or concerns please call: Portland Gastroenterology at: 207-773-7964**

Symptom Button	Symptom Icon
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		Chest Pain
		Regurgitation
		Heartburn



	Meals	includes snacks
	Sleep	includes lying down
Other	includes sports and other activities	

**Example Diary Entry:**

Date	Start Time	End Time	Heartburn	Regurgitation	Chest Pain	Meal	Laying Down	Comment
02/10/2014	3:30 p.m.	4:00 p.m.				X		
02/10/2014	9:00 p.m.	6:00 a.m.					X	