










BRAVO Do's & Don'ts



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

If you have any questions or concerns please call: [Portland Gastroenterology Center at 207-773-7964](tel: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	