

## Bravo® pH Monitoring Patient Instructions

Bravo pH testing provides your physician with information regarding acid reflux into your esophagus. Test results are more accurate with your help in completing a detailed diary as well as following the instructions below:

**\*Your Physician May or May Not Ask You to Continue Your Medication for Your Reflux. Please Refer to Your Discharge Instructions or Call Portland Gastroenterology with Concerns Regarding Medication. Please Record in Your Diary Any Medication You Take for Reflux.**

1. You must keep the receiver within 3 feet of you at all times during the testing period (48 or 96 hours).
2. If you should forget and move outside of a 3-foot radius of the receiver, you may hear beeping and see a “C1” error in the display window on the top of the receiver. Place the receiver on your chest/breastbone and hold there for approximately 30 seconds to re-establish the connection between the capsule and the receiver. The error message will disappear once the connection has been re-established.
3. You may take a bath/shower during the testing period, but the receiver **must not get wet and must remain within 3 feet of you**. Please leave the receiver outside of the shower or tub while bathing.
4. Please use the symptom buttons on the receiver to record your symptoms during the testing period:



Heartburn



Regurgitation



Chest Pain

5. Please remember to record all meals and lying down periods in your diary. You will need to record what time your meal/snack begins and ends, what time you begin to lay down, and what time you get up. \*Note: You need to record all your up and down times – even quick trips to the restroom at night.
6. You may drink whatever you like with meals and snacks (juices, soda, coffee, tea). Please drink limited amounts between meals, and do not sip over long periods. Remember to record all meals, snacks, and drinks in your diary. Please do not chew gum or eat hard candy. **Unit will automatically shut off when study is over.**
7. Please be sure to return your diary with your receiver at the end of the testing period. **You should not have an MRI within 30 days from the day the Bravo was placed.**

### ***Return the diary and receiver to:***

Place: **Portland Gastroenterology Center, 161 Marginal Way, Portland, Maine 04101**

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**\*If you should have any problems or questions during the study, please call:  
Portland Gastroenterology at: 207-773-7964.**