

# Bravo® pH Patient Diary

## Patient Instructions

The purpose of this pH study is to monitor the frequency and duration of gastric reflux during a normal day. To get the most accurate results, you must eat, drink, work, and exercise as you normally would.

DO NOT take any antacid or anti-reflux drugs during your study unless instructed to do so by your physician. If in doubt, contact your physician.

### Recording Events:

Events include meals, sleep, and “other” types of activities with duration. Record an event in the Patient Diary sheet by marking the type of event and writing down the event starting and stopping times using the time displayed on the Bravo pH recorder. You can also record a meal or a sleep event automatically by pressing the appropriate event button on the Bravo pH Recorder.



Meals: Includes Snacks



Sleep: Includes lying down

Other: Includes sports and other activities

To record “other” type events, use the Patient Diary (next page).

### Recording Symptoms:

Symptoms include heartburn, regurgitation, and chest pain.

Record a symptom in the Patient Diary by marking the type of symptom and when the symptom occurred by using the time displayed on the Bravo pH Recorder. You can also record a symptom automatically by pressing the appropriate symptom button on the Bravo pH Recorder.

## Symptom Button



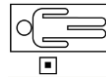
## Symptom Icon



The green indicator light will turn on for 3 seconds, and a beep will sound (if the audio alert feature is turned on). This tells you that the symptom was recorded.

### Recorder Placement when lying down

You may remove the Bravo pH recorder when lying down, or you may leave it on you. If you choose to remove it, place it on a stable surface within arm’s length of your chest with the display facing up and the symptom buttons facing towards you.



### Recorder Out of Range

If the Bravo pH recorder is too distant from the Bravo pH capsule and reception is weak, it will beep for 30 seconds. The icon **1** will disappear from the screen to indicate loss of communication. Move the recorder closer to you until the beeping stops, and the **1** icon reappears on the screen.

If you have any questions or encounter technical issues during your study, call:  
**Portland Gastroenterology at 207-773-7964**

At the completion of your pH study, return the Bravo pH recorder and your Patient Diary to:  
**Portland Gastroenterology Center  
161 Marginal Way  
Portland, Maine 04101**