










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. 	<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

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	