

BRAVO Do's & Don'ts

Do's

Don'ts

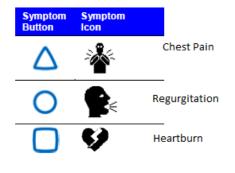
- Fill out meal times with a start time and an end time.
 - REMEMBER TO CHEW FOOD WELL.
- Push at start and end of the meal.
- Fill out when you lay down with a start time and an end time. Push
 when you lay down.
- Push | when you get up.
- Use the time on the top of the receiver.
- Push the appropriate 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.

- Do not sip drinks for a long period of time.
- If you *forget* 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





" 1	Meals	includes snacks includes lying down				
	Sleep					
	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.				Х		
02/10/2014	9:00 p.m.	6:00 a.m.					Х	