



PALM BEACH
GASTROENTEROLOGY
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BRAVO ESOPHAGEAL
pH MONITORING

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monitoring work?

A Bravo Esophageal pH monitoring is a technique used to diagnose gastroesophageal reflux by measuring and recording the pH in your esophagus and the duration of time necessary to clear the acid. A tube enclosing pH (anti-log of hydrogen ion concentration) electrode or radio telemetry capsule is passed through the mouth and placed in the esophagus 5 cm above the upper margin of the lower esophageal sphincter.



The electrode is then connected to the pH meter/recorder that is worn by the patient either on a waist belt or a shoulder strap. The patient will keep a diary for the entire 24 hours. The diary will consist of when the patient eats, drinks, sleeps, coughs, and/or belches. There



are push buttons found on the actual recorder. The patient is to press the buttons when/if ever experiencing heartburn, regurgitation and/or chest pain. In the mean time the capsule is transmitting readings via radio telecommunications to the recorder and keeping a continuous record in the form of a chart of the pH of the esophagus, which is later analyzed and correlated with the record of symptoms recorded by the patient.

How do I prepare for the Bravo esophageal pH monitoring?

- **Five days before** the monitoring period, Do not take proton pump inhibitors: Omeprazole (Prilosec), lansoprazole (Prevacid), rabeprazole (Aciphex), pantoprazole (Protonix), esomeprazole (Nexium)
- **One night before**, do not eat or drink anything after midnight the night before the procedure.
- **Day of procedure**, (if applicable) blood pressure and/or heart medication can be taken with a sip of water.
- **Day of procedure**, while monitoring is taking place the patient MUST stay away from computers (as it causes an interference with the capsule's transmitter).

What happens after completion of the Bravo esophageal pH monitoring?

- Return diary and monitor 24 hours later.
- Resume your normal diet and medications.
- Your doctor will discuss the results of your procedure during your next scheduled appointment 1 week later.
- Normal activities (such as swallowing, eating or drinking) will cause the disposable pH capsule to pass through your digestive tract in seven to ten days on average.
- No MRI exams (magnetic resonance imaging) should be performed for at least 30 days following the capsule insertion.