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BRAVO Reflux Recorder Patient Instructions

The purpose of the pH study is to monitor the frequency and duration of gastric reflux and how it is related to your symptoms during a normal day. To get the most accurate results, you must eat, drink, work and exercise as you normally would. Please drink limited amounts between meals and do not sip over long periods. Do not chew gum or eat hard candy during the study. You can take a bath or shower but do not get the recorder wet. DO NOT take any antacid or anti-reflux drugs during your study unless instructed to do so by your physician.

Recording events

Durational events are activities with beginning and end times. These durational events are meals and lying down. To record the start of a meal or period of lying down, press any button to turn the back light on, then press the corresponding button on the recorder and write down the start time as displayed on the recorder on the patient diary. At the end of the meal or period of lying down, press any button to turn the back light on then press the corresponding button on the recorder again and write down the end time as displayed on the recorder and next to the start time entered earlier. Record a meal every time you eat or drink anything other than water. Record a lying down period whenever you lie down or recline less than 45 degrees.

Recording symptoms

Possible symptoms may include heartburn, regurgitation, and chest pain. To record a symptom event, press any button to turn the back light on then press the appropriate symptom button on the recorder then write down the time as displayed on the recorder on the patient diary. It is not necessary to continuously press the symptom button and write down the corresponding times for the same symptom event.

Recording medications

If your physician has instructed you to take your acid suppression medications during the study, you will write down the time as displayed on the patient diary.



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Using the Buttons

- All button functions are active ONLY when backlight is ON. If backlight is OFF, pressing any of the enabled recorder buttons will turn the backlight ON. Then pressing the desired button will record the chosen event.
- Press the appropriate symptom button once for each symptom (unless indicated otherwise)
 - Heartburn (square)
 - Regurgitation (circle)
 - Chest pain (triangle)
- Press the supine button (looks like a bed) once when lying down or reclined less than 45 degrees, the button LED will remain illuminated until the button is pressed upon getting up.
- Press the meal button (looks like fork and knife) once at the start of the meal, the button LED will remain illuminated until the button is pressed again at end of the meal. Record a meal every time you eat or drink something other than water.
- The green indicator light turns on for 3 seconds and a beep is heard (if the audio alert feature is turned on). This tells you that the symptom was recorded

Using the Diary

- Record start time of symptoms (heartburn, regurgitation, chest pain, cough, belch, and other) on the patient diary using the time on the recorder's display. (ex: heartburn 14:18)
- Record start and end time of events (meals and lying down) on the patient diary using the times on the recorder display (ex: meal 13:05-13:45. Lying down 21:39-7:07)
- If your physician has instructed you to take your acid suppression medications during the study, record the name of your medication and the exact times when you take it (ex: medication 13:45)
- Remember to write down the times as displayed on the recorder.

Recorder out of Range

If the Bravo reflux recorder is too far away from the Bravo reflux capsule and reception is weak, the receiver will beep for 30 seconds and the icon 1 or 2 disappears from the display screen, move the recorder closer to you until the beeping stops and 1 or 2 reappears on the display.

Recorder placement when lying down

You may remove the Bravo reflux 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.

DO NOT have an MRI during or after this test for 30 days.