

## **EGD with BRAVO INSTRUCTIONS**

An EGD (Esophagogastroduodenoscopy) with Bravo placement is a procedure combining an upper endoscopy (EGD) with a Bravo pH monitoring system to assess acid reflux or GERD. During the EGD, a small, capsule-like device (Bravo) is attached to the esophagus lining. This capsule measures pH levels and transmits data to a receiver worn by the patient for 48 hours. The data helps doctors diagnose and manage acid reflux.

The Ph Bravo monitor device **MUST** be returned when study is complete (48 hrs.) **IT CANNOT BE MAILED.**

Do not eat or drink anything, except medications with a sip of water, for **at least 8 hours** prior to the procedure.

Brushing your teeth prior to procedure: The amount of water used to brush your teeth is incidental. It is acceptable to brush your teeth and rinse your mouth with water up until the time of your procedure.

Your doctors' medication instructions for this procedure:

\*Stop 1 week prior to testing: Prilosec (omeprazole), Prevacid (lansoprazole), Nexium (esomeprazole), Aciphex (rabeprazole), Protonix (pantoprazole), Dexilant (dexlansoprazole)

\*Stop 72 hours prior to testing: Zantac (ranitidine), Pepcid (famotidine), Axid (nizatidine), Tagamet (cimetidine)

\*Stop 24 hours prior to testing: Maalox, Mylanta, Tums, Roloids, Amphogel, Gaviscon

**NOTE: Undergoing an MRI while the Bravo capsule is in your body could result in serious damage to your intestinal tract or abdominal cavity. If you need an MRI within 30 days of this procedure, contact your physician.**

### **Preparing for Your EGD with Bravo Procedure**

#### **INSULIN CONTROLLED DIABETICS:**

##### **The morning of your procedure:**

- Do not take any Humalog or Regular Insulin. If you are on NPH or Lente, take HALF (½) of your normal dose.
- If you are on Lantus Insulin, do not change your dose.
- Check your blood sugar in the morning as usual and report the level to the nurse when you are admitted for the procedure.
- If your glucose level is low, you may take glucose tablets with a small sip of water.
- Resume your normal Insulin dose following your procedure and if you are tolerating solids.

#### **ORAL CONTROLLED DIABETICS:**

##### **The day of your procedure:**

- Do not take any medication except Actos or Avandia as these dosages should remain the same as usual.
- Check your blood sugar that morning and report the level to the nurse when you are admitted for your procedure.
- You may take Glucose tablets if your blood sugar is low that morning with a small sip of water.
- Resume your normal medications following the procedure and if you are tolerating solids.