

How to Use Your Bravo Recorder and Diary

During your 96-hour pH test

What to do during your test

The capsule we placed in your food pipe will record acid levels over **96 hours**. You may do your usual activities during this time. To help get clear results, follow these directions:

- **Do not take aspirin or anti-inflammatory pain medicines** (ibuprofen, naproxin, Motrin, Advil, Nuprin, Aleve)
- **Do not take acid reducers** (Aciphex, Axid, cimetidine, esomeprazole, famotidine, Losec, metoclopramide, Nexium, nizatidine, omeprazole, pantoprazole, Pepcid, Prilosec, Propulsid, Protonix, rabeprazole, ranitidine, Reglan, Tagamet and Zantac).
- Eat no more than 3 to 4 meals a day (no gum, hard candy or snacking in between meals). Stay upright for at least 2 hours after dinner, if you can.
- Refer to the time shown on your recorder, **not** your clock or watch.
- If the receiver beeps, you may be more than 3 feet away from the receiver or near other electronics. Hold it to your chest for 30 seconds to reset it. You will hear a beep and the light will flash for 3 seconds to let you know the event was recorded.
- If the recorder is on standby (backlight is off), press any button to turn it back on. (Nothing will be recorded.) Next, press the desired button to record an event.

How to record

- **Meals:** Press the *Meal* button on your recorder at the start of a meal; it will stay lit. Press it again at the end of the meal to turn it off. Write the start and end times in your diary.
- **Beverages (other than water):** Press the *Meal* button. Finish drinking within 25 minutes. Write the start and end times in your diary.
- **Lying down and getting up:** Press the *Supine* button when you lie down; it will stay lit. Press it again when you get up (even if just getting up to use the bathroom). The light will turn off. Write the start and end times in your diary.
- **Symptoms:** Press the *Symptom* button, and write the time in your diary. If symptoms lasts longer than 15 minutes, press the button again. Symptoms may include:
 - Belly pain, chest pain or heartburn
 - Coughing or wheezing
 - Burping or bringing swallowed food back up into your mouth,
 - Feeling sick to your stomach or throwing up
 - Trouble swallowing.
- **Medicines.** Log any medicine times in your diary. (No need to press a button.) Take Acetaminophen (Tylenol) for discomfort. Do **not** take aspirin, anti-inflammatories (ibuprofen) or antacids. **Ask your pharmacist if you have questions.**

Caring for the recorder

Please keep the unit in its case at all times. Handle it with care.

- Do **not** drop it
- Do **not** get it wet. You may take a shower or tub bath, but leave the recorder on a counter nearby.
- Never turn off the monitor or disconnect it. It will turn off by itself after 96 hours.
- If you take the recorder off while sleeping, place it on a stable surface near your chest and within an arm's reach.

After the test

- The capsule will pass naturally out of your body within 7 to 10 days with a bowel movement.
- The capsule contains a small magnet. Do **not** have an MRI test for 30 days. An MRI could harm you if the capsule has not passed out of your body.
- **Bring the recorder and diary to the front desk of the Endoscopy Clinic (address below). Do not mail.**

If you have questions, call:

University of Minnesota Medical Center

Endoscopy Clinic

500 Harvard Street SE, Suite 1-301

Minneapolis, MN 55455

612-273-4007

Monday through Friday, 7 a.m. to 4:30 p.m.

(If it is after hours, call 612-273-3000. Ask to speak with the GI doctor on call.)

Your Bravo pH diary

Placed at: _____ cm

Start date: _____ End date: _____

<i>Use the time shown on the recorder.</i>		Start Time	End Time	Comments						
<i>Day 1</i>	Meal									
	Supine									
	Other									
<i>Day 2</i>	Meal									
	Supine									
	Other									
<i>Day 3</i>	Meal									
	Supine									
	Other									
<i>Day 4</i>	Meal									
	Supine									
	Other									

Directions

- To turn the recorder on, press any button.
- Press the desired button to record an event (symptoms, meal start and end times or when you lay down and get up).
- Write the times in your diary each time you press a button or take medicine.

What your recorder buttons mean:

	_____		_____ Meal _____
	_____		_____ Supine _____
	_____		