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Bravo Reflux Testing for Evaluation of Heartburn or Related Symptoms

The day before your procedure: You may go about your normal activities. There are no diet restrictions needed with a Bravo.

What happens during a Bravo?

- You will be administered anesthesia.
- A Bravo capsule will be placed into your esophagus using a delivery device.
- The capsule will measure the pH in your esophagus and transmit this information to the Bravo reflux recorder worn on your belt or waistband.
- You will then go about your normal activities until the date your physician has advised you to return the recorder (typically after 48 to 96 hours) so your physician may diagnose your condition.
- After the test, the capsule will naturally fall off the wall of your esophagus and pass through during one of your regular bowel movements.

What if I can feel there is “something” in my esophagus?

This is a common sensation felt by those having a Bravo completed. If you feel the capsule when you eat or when food passes the capsule, chew your foods carefully and drink liquids to minimize this sensation.

How far away can I be from the Bravo recorder?

Stay within 3 feet to 1 meter of the recorder. The recorder can rest outside your shower while you bathe or on your nightstand when you sleep.

Write in a journal when you are experiencing reflux symptoms.

Bravos can be completed with medication restrictions or without. Your provider wants you to:

(Circle or Highlight Provider’s Preference)

No medications restrictions

Have medication restrictions for _____ days
from these medications: _____
_____.

Do not have an MRI for 30 days after completing your Bravo reflux test as the capsule contains a small magnet. The soonest date you can have an MRI completed is on _____.

(Date)