

## Is the test suitable for all patients?

The test is not suitable for everyone. If you have **bleeding disorders, strictures, severe oesophagitis, varices, obstructions, a pacemaker, an implantable cardiac defibrillator, or are allergic to Metals that contain chromium, nickel, copper, cobalt or iron** - you should not undergo a Bravo pH test. Additionally, because the capsule contains a small magnet, you **should not** have an MRI study within 30 days of undergoing the Bravo pH test.

## Are there any risks with this test?

Complications are very rare and those associated with gastroscopy are documented in the enclosed "Gastroscopy explained" booklet.

Potential complications of the Bravo pH capsule with delivery device include but are not limited to:

- Tears in the mucosal and submucosal layers of the oesophagus, causing bleeding and requiring possible medical intervention.
- Perforation of the oesophagus.
- Discomfort associated with the placement of the capsule or failure of the capsule to detach from the oesophagus after placement; either complication may require the capsule to be surgically removed.
- Premature detachment of the capsule.

## Returning the recorder

It is very important that the recorder is returned promptly since it will be required by other patients. The practitioners will provide you with a box and instructions for returning the receiver either directly to the hospital or by registered post.

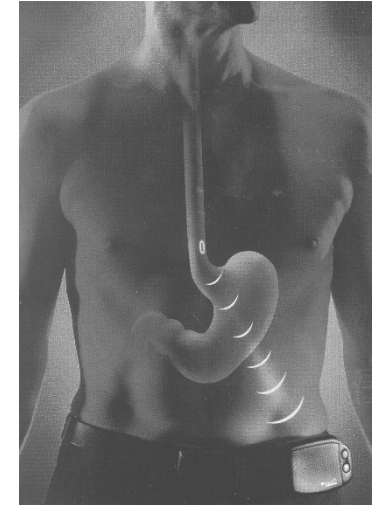
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# Catheter-free Bravo 48 hour pH test

Information for patients

**GI Physiology Practitioners**

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## **This leaflet explains what happens during a catheter-free Bravo 48 hour pH test.**

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### **Why do I need the test?**

The purpose of the test is to monitor the frequency and duration of gastro oesophageal reflux during a normal day. It will help to find out if your symptoms are caused by acid reflux.

### **What to expect before the test**

You should stop taking indigestion medication one week before the test. Full instructions will be sent with your appointment letter since this can vary according to which drugs you are taking. You should continue taking your medication for other conditions e.g. diabetes, epilepsy.

**Do not eat or drink anything for six hours before the test.**

### **What to expect on arrival**

The GI Physiology Practitioner will explain the procedure to you and ask you to sign a consent form. This is to ensure you understand the test and its implications. They will ask you a series of questions about your symptoms and the medication you have taken for them. This will help with the interpretation of the results. Please bring a list of medications with you.

### **What to expect during the test**

A tiny pH sensor located in a capsule (25mm x 5mm x 5.5mm) is temporarily pinned to the wall of the oesophagus at the time of your gastroscopy.

The capsule transmits data using radio frequency signals to a small receiver, not much bigger than a mobile phone that is worn over your neck.

You will be asked to complete a diary of your symptoms and meals/drinks during the period of your test. This will be explained to you in detail.

After 48 hours the receiver will stop recording and the pH data stored in the receiver is downloaded onto a computer.

Between 5 and 12 days after the study the probe naturally falls off the oesophagus and passes through the digestive tract.

### **Will I be able to feel the capsule?**

Some patients say they have a vague sensation that “something” is in their oesophagus. Some patients have reported a degree of oesophageal discomfort or a slight “tugging” sensation when swallowing. Should you experience this, chewing food carefully and drinking liquids may minimize this sensation.

### **Will I be able to eat and drink?**

Yes and it is important that you eat and drink as you normally would. Chew food well to prevent early detachment of Bravo.

### **Will I be able to work?**

The main advantage of the catheter-free pH system is that you are able to continue with your normal activities, whether at work, rest or play. It is important that you continue with your normal routine since this will more accurately reflect your condition.

### **Will I be able to bathe or shower?**

Yes but the receiver should not get wet so please ensure that the receiver is placed in a safe dry area during showering or bathing.

### **What about night-time?**

The night time recording is a very important part of the test so please ensure that the receiver stays in close contact to you. It is probably best to attach the receiver to your nightwear.

### **Will I be able to take any medicine for indigestion during the test?**

No, all medications have the effect of reducing or masking the amount of acid present and therefore will give an inaccurate result.

### **Will I be aware that the capsule has detached and passed through my system?**

No, most patients are unaware of the presence of the capsule and you should not feel it passing through the digestive tract.