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Having a Bravo® capsule pH monitoring study to test for digestive disorders

Respiratory Physiology Unit

Information for Patients

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Introduction

Your doctor has asked for you to have a Bravo pH study. This leaflet explains this test.

Please read this leaflet carefully. You can share it with your friends and family if you wish, so that they can be of help and support.

If you have any concerns or queries, please contact the department on **0116 258 3420 or email: uhl-tr.respiratoryservice@nhs.net**

What is a Bravo pH study?

A Bravo study is an different way of measuring acid levels in your food pipe (oesophagus). We normally measure it by inserting a small tube (catheter) in to the nose and down to the stomach. It measures the acid levels as you get symptoms.

The reason you are having an Bravo test is because you could not cope with the catheter study.

Once the Bravo capsule is in place it measures your acid levels while you carry on with your usual activities. It does not cause the same discomfort of the normal catheter system. After the capsule has been placed we will give you:

- a diary to record your symptoms
- instructions on how to return the recording equipment to the Glenfield Hospital GI Physiology Department.

Why do I need these tests?

The tests give us important information about your condition. They will help to decide what is the best treatment for you (medication or surgery). There are no other less invasive tests available that will give us this information

How is the Bravo capsule placed?

To place a Bravo capsule into the food pipe you must have an camera test (gastroscopy). You can have this procedure with or without an injection to make you sleepy (sedation). If you choose to have sedation someone must take you home, and stay with you for 12 hours after the test.

When you arrive on the day of the test:

- You will be asked to sign a consent form by a nurse/doctor.
- They will go through the test with you, and talk about sedation.
- You can ask questions.

There is a valve at the end of your food pipe and above your stomach. This is measured so we can fit the Bravo capsule in the correct place. The Bravo capsule is then fixed to the lining of your food pipe using a suction pump used during the gastroscopy.

How long does the procedure take?

The actual procedure to place the capsule takes about 15 minutes. After that the Bravo capsule can be set to record for up to 96 hours. After this, the capsule detaches from the food pipe and passes through you bowel. If you have an undetected narrowing inside your bowel the capsule could possibly get stuck, and in some situations need an operation to retrieve it.

Do I need to restrict my activities during the Bravo test?

You can eat, drink and go about your daily routine as normal **but:**

You will need to keep the small recording equipment close to you (within 1metre) during the full 96 hours.

Before you leave the endoscopy unit the GI Physiologist will give you instructions about what you can eat and drink. The test results can be affected by certain foods and drinks.

You must not

- drink acidic drinks such as fruit juice, fizzy drinks, cordials and alcohol.
- eat ‘hard’ foods such as apples or toast during the study period.

You cannot take your normal stomach medication until the full 96 hours of recording is complete.

What problems or effects may there be after the test?

After the procedure you may have a feeling of ‘something’ being in your food pipe. You may feel some soreness in your chest or feel food ‘catching’ as you eat. If this happens, chew your food carefully and drink liquids with your food. There is a chance the capsule may detach early or there may be a technical error with the data transmission. This is uncommon but if it occurs we will ask you to repeat the test.

Is the Bravo test suitable for everyone?

You cannot have the test if you:

- have a pacemaker, implantable defibrillator, neurostimulator
- have an allergy to nickel
- have a history of bleeding disorders,
- are on anticoagulant therapy (unless you can come off it)
- suffer from narrowing (stricture) inflammation of the food pipe (severe oesophagitis)
- have enlarged veins (oesophageal varices) .

Can I have an MRI scan after the test?

The Bravo capsule contains a small magnet. You **cannot** have an MRI scan within 30 days of the procedure.

How do I prepare for my Bravo study?

You must not have anything to eat or drink for **6 hours** before the test

If you are taking the following medication please **stop** them before the test **unless told otherwise**

7 days before the test stop:

- Omeprazole (Losec)
- Lansoprazole (Zoton)
- Rabeprazole (Pariet)
- Esomeprazole (Nexium)
- Pantoprazole (Protium)
- Ondansetron (Zofran)

3 days before the test stop:

- Ranitidine (Zantac)
- Cimetidine (Tagamet)
- Nizatidine (Axid)
- Domperidone (Motilium)
- Famotidine (Pepsid)
- Metoclopramide (Maxolon)
- Gastrobid/Gastromax

24 hours before the test stop:

- Gaviscon
- Maalox
- Acilon
- Rennies
- Settlers
- Algicon

What do I do if I am on blood thinners?

If you take blood thinning medication such as clopidogrel or ticagrelor, you may need to stop taking these before the Bravo procedure. Your referring consultant or the Endoscopy Unit will advise you before your test.

Please read carefully the enclosed leaflet ‘Having a gastroscopy’ (leaflet 440) as you need to have this procedure as part of the Bravo test.

Please be aware that you will need to return the equipment as soon as possible after the 96 hour study is completed to:

GI Physiology, Respiratory Physiology Unit (South Entrance) Glenfield Hospital, Leicester, LE3 9QP

What happens after the test?

The results of the test will be looked at. A report will be sent to the consultant in charge of your care. They will decide what the best option is for you. It is reasonable to expect to hear from the hospital within 2 to 3 weeks of having the test. If you do not hear from the hospital and wish to speak to someone about this, please contact your consultant’s secretary by ringing the hospital switchboard.

You may continue to take your prescribed medication once the full 96 hours of testing is complete.

Contact details

If you have any questions or concerns during the 96 hour pH study, you can contact the Respiratory Physiology Department on 0116 258 3420 Monday to Friday, 8.30am to 4pm or email: uhl-tr.respiratoryservice@nhs.net

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice
Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester’s Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

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If you would like this information in another language or format such as EasyRead
or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research

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