

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 will give you information about these tests.

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**.

What is a Bravo pH study?

A Bravo study is a different way of measuring acid levels in your food pipe (oesophagus). The normal way of measuring this is 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 were unable to cope with the normal 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 you will be given

- 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 provide important information about your condition and will help to decide what is

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the best treatment for you (medication or surgery). Unfortunately, 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 discuss sedation.
- You will be able to 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 be will asked **not** to

- 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 will not be able to 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 vague sensation 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 chewing

your food carefully and drinking liquids with your food may help. 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 you will be invited to have the test repeated.

Is the Bravo test suitable for everyone?

Patients with pacemakers, implantable defibrillators, neurostimulators or have an allergy to nickel cannot have a Bravo test. Patients with a history of bleeding disorders, those who are on anticoagulant therapy (unless they can come off it) or patients who suffer from narrowing (stricture) inflammation of the food pipe (severe oesophagitis) or enlarged veins (oesophageal varices) are not suitable for Bravo.

Can I have an MRI scan after the test?

The Bravo capsule contains a small magnet. Patients 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 | • Rennies |
| • Maalox | • Settlers |
| • Acilon | • 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 and 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.

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