

Upper Endoscopy with Bravo (off PPI)

The **Bravo™ reflux testing system** evaluates the frequency and duration of acid reflux to better understand your symptoms. The test involves attaching a small pH capsule, approximately the size of a gel cap, to the wall of your esophagus during the endoscopy. After placement, the capsule communicates wirelessly with a recording device. The capsule continuously measures the pH of your esophagus. You will receive further instructions the day of your procedure on how to use the Bravo recorder. You will need to return the recorder 48 hours later to Virginia Mason Seattle—Buck Pavilion. It cannot be mailed or dropped off at another Virginia Mason location.

10 DAYS BEFORE

- If traveling a long distance to Virginia Mason, you may prefer an afternoon appointment. **To reschedule your procedure, please call (206) 223-2319.**
- **Please arrange for a responsible adult (18 years or older)** to drive you home and stay with you the day of your procedure. **Seattle main campus:** Your companion must accompany you to the procedure and remain in our facility (allow up to 2 hours). **Regional medical centers:** Your companion may leave the facility, but remain in phone contact for pick-up no more than 15 minutes after your procedure.
- If you take **blood thinners** or **medicine for diabetes**, please review page 3.

7 DAYS BEFORE

- **STOP** taking proton pump inhibitor (PPI) medications: Prilosec (omeprazole), Nexium (esomeprazole), Protonix (pantoprazole), Prevacid (lansoprazole), Aciphex (rabeprazole), Dexilant (dexlansoprazole).
- You may take antacids like Tums or Roloids until the day before your procedure if needed.
- If you will be traveling from out of town, consider arranging overnight lodging for returning the Bravo recorder 48 hours after your procedure.

5 DAYS BEFORE

- **Need to cancel or reschedule your procedure?** Please call at us at (206) 223-2319 at least 72 hours in advance of your appointment time.

3 DAYS BEFORE

- **STOP** taking H2-blocker medications: Zantac (ranitidine), Pepcid (famotidine), Tagamet (cimetidine).

24 HOURS BEFORE

- You may eat your normal diet until 10 p.m. the night before your procedure. **At 10 p.m., stop eating solid food and begin clear liquid diet** (see page 4). You may have clear liquids until 2 hours prior to procedure check-in.

PROCEDURE DAY

- **DO NOT drink anything starting 2 hours prior to check-in.**
- Early morning: Please take your regular medication, including aspirin and high blood pressure medication, **except those listed on page 3.** **(Continued on page 2)**

- **DO NOT** take antacid medications today, or during the 48-hour testing period.
- **DO NOT** drink alcohol or use mind-altering substances. Doing so will result in cancellation of your procedure.
- Sedating medications given during the procedure may significantly impair your judgement. **For your safety you may not drive, take transit or leave the facility without your companion.** Plan to rest and put off making important decisions until the day after your procedure.
- Please plan to spend 90 minutes to 2 hours at Virginia Mason, from check-in to discharge.

DURING 48-HOUR TESTING

- **It is normal** to feel the capsule and have some discomfort in the middle of your chests when swallowing. Chewing your food thoroughly and drinking fluids with your meals will help.
- **It's important** to eat foods you would normally eat to get an accurate report of your daily symptoms.
- **Please avoid** drinking acidic and carbonated beverages, including soda, beer, wine and juices like orange, tomato, grapefruit or other citrus juices.
- **DO NOT** take antacid medications.

AFTER THE TEST

- You will return the Bravo recorder to Virginia Mason Seattle—Buck Pavilion after 48 hours. **The Bravo capsule will detach and pass out of your system naturally** within 5 to 14 days. **You do not need to retrieve the capsule.**
- **Test results:** If biopsies are taken, you will be notified of results in 5 to 7 business days by regular mail. For patients enrolled in the MyVirginiaMason web portal, results will be sent electronically.
- **Questions?** Please call us at (206) 223-2319.

Medication Information

Review this medication list for medications you are taking. You may need to stop one or more of the medications on the list several days before your exam.

It is very important that you contact the provider who prescribed your medication before stopping them. The doctor performing your GI procedure cannot advise on diabetes medications or blood-thinning medications.

For your safety, if your blood pressure, blood sugar or anticoagulation is not within acceptable parameters on the day of the procedure, your procedure may be canceled or rescheduled.

MEDICATION	INSTRUCTIONS
Miralax and other laxatives	Continue taking as you normally do (including day of procedure).
Iron supplements (including ferrous)	Stop taking iron five days prior to your procedure.
High blood pressure medicines	Continue taking as you normally do (including day of procedure).
Diabetic medications (including insulin)	Contact the provider managing your diabetes for instructions about holding or reducing dosage.
Aspirin	Continue taking as you normally do (including day of procedure).
Clopidogrel (Plavix)	Stop five days before your procedure, unless you have had a heart stent placed in the last 12 months or you have had a heart attack in the last three months , in which case you will need to contact the provider managing your Plavix (usually your primary care provider or cardiologist) to see if it is safe to hold the Plavix. In some cases, you may be instructed to continue the Plavix during the procedure or to reschedule the procedure to a later date.
Prasugrel (Effient), Ticlopidine (Ticlid), Ticagrelor (Brilinta), Vorapaxar (Zontivity), Cilostazol (Pletal)	Contact the provider managing your blood thinner at least 10 days prior to your procedure. Hold or continue this medication based on the managing provider's recommendations.
Warfarin (Coumadin), Dabigatran (Pradaxa), Enoxaparin (Lovenox), Dalteparin (Fragmin), Fondaparinux (Arixtra), Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Savaysa), Desirudin (Iprivask)	Contact your anti-coagulation clinic or the provider managing your blood thinner at least 10 days prior to your procedure. Hold this medication based on the managing provider's recommendations (usually between 1 to 5 days before the procedure). Sometimes a temporary "bridging" blood-thinning medicine is needed at the prescribing provider's discretion.

Clear Liquid Diet Guide

A clear liquid diet is necessary during procedure preparation to provide needed fluids. Clear liquids are easy to digest and do not stay in the digestive tract. Clear liquids are liquids that you can see through. No solid foods are allowed after starting the clear liquid diet.

OKAY TO DRINK

		
<p>Water/flavored water/ coconut</p>	<p>Black coffee or tea</p>	<p>Clear sports drinks (no red, green or purple)</p>
		
<p>Jell-O (no red, green or purple)</p>	<p>Popsicles without cream or fruit (no red, green or purple)</p>	<p>Apple juice, CLEAR fruit juice (no pulp or red)</p>

DO NOT DRINK

		
<p>No milkshakes or smoothies</p>	<p>No orange or pineapple juice</p>	<p>No milk, dairy, almond or coconut milk</p>
		
<p>No coffee or tea with cream, milk, or non-dairy creamer</p>	<p>No soup or Broth</p>	<p>No Barium/oral contrast</p>