

Esophagogastroduodenoscopy (EGD) with Bravo Placement

Preparing for your procedure

Your EGD with Bravo Placement is scheduled for: _____
DAY DATE

Please check in at: _____ a.m./p.m.

Show your current insurance card and photo ID at check-in.

Doctor: _____

Following these instructions or your clinician's instructions exactly is important. If you don't prepare properly, your EGD with Bravo placement may canceled. Or you may have to prepare again for another EGD with Bravo placement.

7 days before your procedure	2 days before your procedure
<ul style="list-style-type: none"><input type="checkbox"/> Continue or <input type="checkbox"/> Hold the following proton-pump inhibitor medications:<ul style="list-style-type: none">» Esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec), pantoprazole (Protonix) or rabeprazole (Aciphex)♦ Talk to your primary care clinician about stopping any:<ul style="list-style-type: none">» Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto) or warfarin (Jantoven or Coumadin).» Antiplatelet medications, such as clopidogrel (Plavix).♦ Ask your primary care clinician for instructions if you take insulin for diabetes or have a history of bleeding problems, dilated (widening of) blood vessels or any other problems with your esophagus.♦ Arrange for a ride home from a licensed driver after your procedure. Don't take a bus, cab or ridesharing service unless an adult rides with you. Don't ride a motorcycle.<ul style="list-style-type: none">» We strongly encourage your driver or another adult to stay during your appointment (usually takes about 2 hours).» If your driver can't stay, we ask that they check in at the front desk with you. Your driver will need to provide their phone number before leaving and must return when called.	<ul style="list-style-type: none"><input type="checkbox"/> Continue or <input type="checkbox"/> Hold the following:<ul style="list-style-type: none">» H2 blocker medications, such as cimetidine (Tagamet), famotidine (Pepcid), nizatidine (Axid) or ranitidine (Zantac)» Gut motility stimulator medication, such as drug metoclopramide (Reglan)
	1 day before your procedure
<p>If you don't arrange to have an adult drive you, your procedure will be canceled. Medications you receive during your procedure affect your ability to think clearly for many hours. This makes driving or traveling alone dangerous.</p>	<p>Don't eat anything after midnight the night before your procedure.</p>

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Day of your procedure	For 48 hours after your procedure	
<p><input type="checkbox"/> Continue or <input type="checkbox"/> Hold 6 hours before your procedure antacid medications such as:</p> <ul style="list-style-type: none"> » Alka-Seltzer, Gaviscon, Maalox, Milk of Magnesia, Mylanta, Riopan, Tums. <p>♦ Don't eat any solid foods. You may drink clear liquids up to 6 hours before your procedure. Clear liquids are liquids that look like colored water and you can see through at room temperature.</p> <p>Don't drink any red or purple liquids. The color may interfere with your procedure.</p> <p>You may have any of the following:</p> <ul style="list-style-type: none"> » Water, clear broth or bouillon, coffee or tea without milk or nondairy creamer, Jell-O, Popsicles and hard candy » Gatorade or Powerade noncarbonated sports drink—Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. Don't use powdered Gatorade. » Pedialyte, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, white grape, white cranberry) <p>♦ Take morning medication with a small amount of water.</p> <p>♦ Bring the following to your procedure: health insurance card, photo ID and completed health history form, if requested.</p> <p>♦ Don't wear fragrant perfumes or lotions to your procedure.</p>	<p>You'll wear the receiver around your neck for 2 days (48 hours). Your nurse will explain how to use the receiver to record symptoms and events and review other instructions.</p> <p>Note: Your clinician may ask you to continue taking a certain medication during the 2 days to determine if it's effective. Continue to follow your clinician's instructions about medications to stop taking.</p> <p>Recording symptoms The receiver has several buttons you press to record symptoms of GERD, such as heartburn. Press the correct button on the receiver when you have symptoms.</p> <p>Recording events You'll also keep a diary to record events, such as eating, drinking and lying down.</p> <ul style="list-style-type: none"> ♦ Write down the time you start and stop eating or drinking anything. ♦ Record the time you lie down (even if just resting) and when you get back up. 	<p>Activity Follow your usual daily routine. Don't change or reduce your activities during the 2 days. Doing so can make the results less useful. Don't get the receiver wet. It's not waterproof.</p> <p>Eating Eat your regular meals at the usual times. If you don't eat during the 2 days, your stomach won't produce acid as usual. The results won't be accurate. During the 2 days:</p> <ul style="list-style-type: none"> ♦ Eat at least 2 meals a day. Eat foods that cause symptoms. Avoid snacking often. ♦ Don't suck on hard candy or lozenges. Don't chew gum. <p>Lying down Remain upright during the day. Don't lie down until you go to bed—unless resting during the day is part of your routine.</p> <p>Unusual symptoms or side effects If you experience any unusual symptoms or side effects, call your clinician.</p>
	<p>2 days after wearing the receiver</p> <ul style="list-style-type: none"> ♦ Return the receiver and diary to your gastroenterology clinic (see the handout <i>Gastroenterology and Endoscopy Locations</i>). Your clinician will review and analyze the results and your diary. ♦ Resume your usual diet and medications. <p>Regular activities, such as swallowing, eating and drinking, will cause the capsule to detach from the lining of your esophagus. The capsule will pass through your digestive tract in about 7 to 10 days.</p> <p>If necessary, we may do an X-ray to make sure the capsule has passed. Note: Don't have an MRI (magnetic resonance imaging) test for 30 days after the capsule is attached.</p>	

What is an EGD with Bravo placement?

Esophagogastroduodenoscopy, also called *upper endoscopy*, is a procedure that helps diagnose and treat diseases of the esophagus (the tube through which food moves to your stomach), stomach and duodenum (first portion of the small intestine).

An EGD with Bravo placement measures the pH (acid levels) in your esophagus to see if:

- ♦ You have gastroesophageal reflux disease (GERD).
- ♦ Your medications or surgical treatment for GERD are effective.

A muscle controls the passage of food from your esophagus to your stomach when you swallow. The muscle remains tightly closed except when you swallow food.

Acid, bile and food contents in your stomach can travel backward up into your esophagus when this muscle fails to close or open on its own. The EGD with Bravo placement measures how often stomach contents reflux (move back up) into your lower esophagus and how much acid there is.

The EGD with Bravo placement involves temporarily attaching a small capsule (about the size of a gel cap) to the wall of your esophagus. The capsule measures acid levels in your esophagus. The capsule contains a tiny radio transmitter. The radio sends signals to a receiver (about the size of a pager) that you wear around your neck.

The EGD procedure to attach the capsule in your esophagus involves your clinician passing a flexible scope through your mouth and throat into your upper digestive tract. This scope allows your clinician to see the lining of your esophagus and attach the capsule.

What happens during the procedure?

An IV will be placed in your arm to give you medications during your procedure. This medication relaxes you and minimizes any discomfort during your procedure.

Many people may not remember all or some of the procedure. You may fall asleep.

You'll be taken to a recovery area where a nurse will continue to monitor you.

What are the risks and side effects of an EGD with Bravo placement?

Complications rarely occur. Some complications may include:

- ♦ Chest discomfort
- ♦ Perforation (a tear) in the esophagus lining
- ♦ Receiving too much sedation or having an allergic reaction to the sedative
- ♦ Minor bleeding at the capsule site

How do I get my results?

Results will be sent to your clinician who ordered the procedure within 14 days. Your clinician will follow up with you about the results and any additional tests or treatment. If you had a biopsy, your doctor will notify you of the results by letter in 14 days (or sooner if you need care right away) or online through MyChart if you have an active account.

What about payment?

Contact your health insurance provider about your coverage and benefits for an EGD with Bravo placement. Coverage and benefits depend on your insurance plan and the reason for the procedure.

