



BRAVO pH MONITORING

Read these instruction 2-3 weeks before you come for your procedure.

WHY DO I NEED THIS TEST?

This test will measure how much stomach acid backs up into your swallowing tube (esophagus). You may need this test if you have:

- Heartburn and/or chest pain
- Hoarseness, coughing or breathing problems
- Difficulty with swallowing

HOW SHOULD I GET READY FOR THIS TEST?

- **Do not eat for 4 hours before your procedure.**
- You must check with your doctor if you should stop your Prilose, Prevacid, Aciphex, Protonix, Nexium, Zegarid or Kapidex. If you are to stop the medicine, you must stop 5 days before your procedure.
- You may take these medications up to midnight the day before your test: Maalox, Tums, Roloids, Tagumet, Zantac, Pepcid or Axid.
- **Arrive at the Digestive Health Center 15 minutes before your appointment.**
- Please limit the number of people you bring with you to our waiting room.
- **Bring a list of current medications and medication allergies with you.**
- You may take your morning medications (other than those mentioned above) as usual.

REGISTRATION

- When you arrive at the hospital walk through the main entrance and ask the hospital receptionist to direct you to the Digestive Health Center.
- Enter our waiting room and check-in at the reception desk.
- After check-in you will be called to register.
- After registration, you will be called to the procedure area.

HOW DO I TAKE THIS TEST?

- This is a 48-hour study and is coordinated with your upper endoscopy. You will meet with a nurse prior to your procedure who will explain the test to you. Ask any questions you might have.
- You will be asked to eat and resume normal activities during your study.
- You will need to return in 48 hours at the assigned time to have your monitor removed. This appointment will take approximately 10 minutes.

WHAT HAPPENS AFTER THE EXAM?

- You may restart all medications.
- Before you leave, you will be given discharge instructions. **Please contact the physician who ordered your procedure to obtain test results as it relates to your plan of care.**
- After you leave, if you have a severe abdominal pain, severe chest pain, continuous gagging, nausea or vomiting please call us at **(434) 982-0221** or the hospital operator **(434) 924-0000** and ask for the GI doctor on-call. You may also go to your local emergency room.
- If you have questions about the test please call **(434) 924-9999**.
- If you are out of the area, you may use 1-800-251-3627 and ask the operator to connect you to any of the above numbers.

The digestive Health Center of Excellence is nationally recognized for diagnosis and treatment of gastrointestinal diseases. As our patient, you will receive the best possible care by caring physicians and health care professionals.