



What is pH testing?

A pH test measures the degree of acidity in your esophagus. The test period usually lasts 96 hours. Information from the pH test helps your doctor diagnose Gastroesophageal reflux disease (GERD) and plan your treatment.

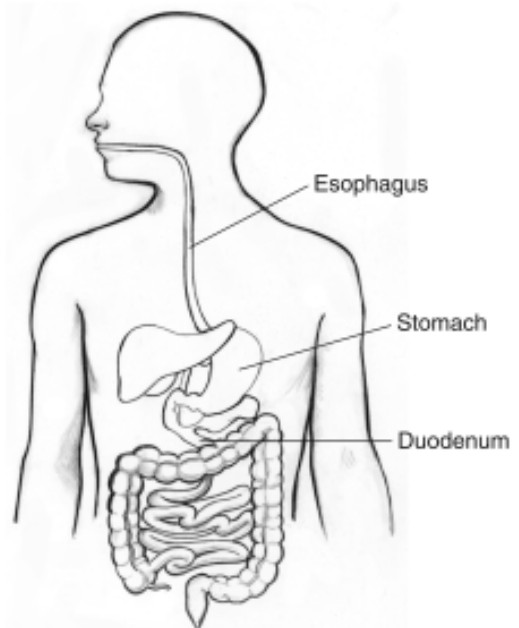
What is the Bravo pH Monitoring System?

The Bravo™ system monitors the pH in your esophagus without a tube (catheter). During an **Upper Endoscopy (EGD)**, the doctor attaches a small pH capsule, about the size of a gel cap to the wall of your esophagus. The



capsule contains a radio transmitter that sends pH data to a portable receiver you wear on your waist. You will be able to go about your daily routine and normal activities during the pH test.

An **endoscope** is a lighted, flexible tube, about the thickness of your finger. During an Upper Endoscopy (EGD) the doctor passes an endoscope through the mouth and back of throat into the upper part of the gastrointestinal (GI) tract, which includes the esophagus (swallowing tube), the stomach, and the duodenum (the first section of the small intestine). The endoscope enables the doctor to examine and/or pass instruments to the area. The doctor who performs the EGD, known as an endoscopist, has special training in using an endoscope.



Who is a good candidate for Bravo Capsule pH Monitoring System?

People with heart devices, bleeding tendency, severe esophagitis, obstructions or other conditions should **not** have a Bravo pH test. Talk to your doctor about your symptoms and testing options to see if a Bravo pH test is right for you.

Where will the Bravo pH test be performed?

Placing the Bravo pH capsule is an outpatient procedure and takes about 45 minutes. Your entire procedure may take 3 to 4 hours to complete. It will take place in the Medical Procedures Unit (MPU) in the Main University Hospital or Brighton Center for Specialty Care.

Preparing for the Bravo pH test:

Follow the instructions in the **Upper Endoscopy handout** with regards to taking medications and fasting before the test. This handout has additional information about the location of the Medical Procedures Unit, the procedure, recovery process and potential complications. **Ask your doctor if you should continue to take anti-GERD medications (Prilosec, Protonix, etc.) before your test.**

The day the Bravo pH capsule is placed

1. You will receive sedation to help you feel relaxed and drowsy during the procedure. **You must have a driver who is 18 years or older present at check-in and discharge.**
2. The doctor inserts the endoscope through the mouth and uses it to place the capsule about two inches above where the esophagus meets the stomach.
3. After the doctor secures the capsule with a tiny pin, they remove the endoscope.

After the procedure

Because the medication may make you drowsy you will need someone to drive you home after the procedure. Do not drive or operate machinery the day of the procedure. You will be able to go back to your normal routine and activities the next day.

The capsule will send data for a period of 96 hours. During this time, you will write down **every** time you feel symptoms when eating or when lying down.

How do I care for myself during the Bravo pH test?

- The capsule is very small and does not interfere with eating and drinking. It is important to chew food and drink liquids carefully.
- You can bathe normally as long as you place the receiver within 3 feet of your body.
- The capsule will naturally fall off the wall of the esophagus and pass through your digestive tract several days after the test.
- Because the capsule contains a small magnet, you should not have an MRI study within 30 days of having a Bravo pH test.

After the test period is completed:

Your healthcare provider will tell you when to return the diary and the Bravo Receiver. Your doctor will use the test data and diary to diagnose and create a treatment plan for your condition.

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Reviewer: Rafat Rizk, MD

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