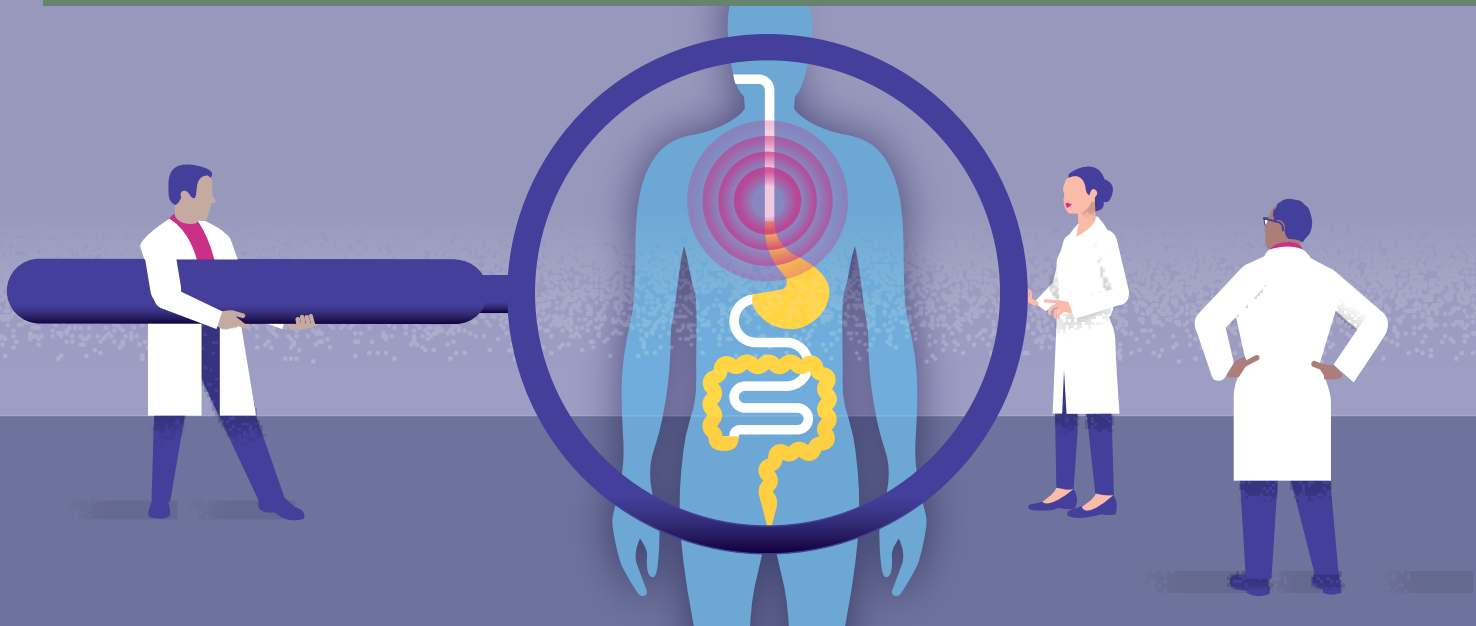


EGD with 96-Hour Wireless Esophageal pH Capsule (Bravo™) Test Preparation Instructions



What is an upper endoscopy and what can I expect during the procedure?

An upper endoscopy, also known as an esophagogastroduodenoscopy (EGD), is a procedure that allows your doctor to examine the inside of your upper gastrointestinal (GI) tract: the esophagus (swallowing tube), stomach, and the duodenum (first portion of the small intestine). It is performed by a doctor. During the procedure, an endoscope, which is a long, flexible tube with a light and camera at the end is used to view the inside of your upper GI tract. You will be given sedation/anesthesia for this test. The upper endoscopy usually takes 10-15 minutes to complete.



LOCATION Your upper endoscopy and Bravo™ test will be performed at the selected location below.

UCLA Medical Center
200 UCLA Medical Plaza #320
 Los Angeles, CA 90095
 Date _____
 Time _____
(Please check in 1 hour before procedure time)

RRUMC, 757 Westwood Plaza,
Admissions, Room 1314
 Los Angeles, CA 90095
 Date _____
 Time _____
(Please check in 1 hour before procedure time)

UCLA Medical Center,
Santa Monica
 1250 16th St #1401
 Santa Monica, CA 90404
 Date _____
 Time _____
(Please check in 1 hour before procedure time)

Santa Clarita
 25775 McBean Pkwy #115
 Valencia, CA 91355
 Date _____
 Time _____
(Please check in 1 hour before procedure time)

South Bay Endoscopy Center
 2780 Skypark Dr #135
 Torrance, CA 90505
 Date _____
 Time _____
(Please check in 1 hour before procedure time)

West Hills Endoscopy
 7320 Woodlake Ave #320
 West Hills, CA 91307
 Date _____
 Time _____
(Please check in 1 hour before procedure time)

How do I prepare for an upper endoscopy with Bravo™?



DISCUSS MEDICATIONS and **HEALTH CONDITIONS** you have with your doctor.

You will require special instructions regarding these medications:

- Anticoagulants/Blood thinners
- Antiplatelet medications such as Plavix
- Blood pressure medications
- If you are instructed to do so, stop taking all iron, aspirin, and non-steroidal anti-inflammatory (NSAID) medications, such as Motrin, Ibuprofen, and Advil.

Notify your doctor if you have these health conditions:

- Heart murmurs
- Previous heart valve surgery
- Bleeding disorders



SCHEDULE your upper endoscopy with 96-hour Bravo™. Please call our **Patient Communication Center (PCC) at 310-825-7540** to schedule your procedure. Note: The PCC might also call you to schedule the procedure.



ARRANGE for a friend, family member or medical transport to drive you home after the test, as you will still be drowsy from sedation and it is unsafe to drive.

- You must have an adult accompany you home the day of your procedure, even if you take a cab. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.
- You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.

IF YOU ARE ON ANY MEDICATIONS LISTED BELOW, PLEASE FOLLOW THESE INSTRUCTIONS:



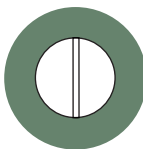
7 DAYS BEFORE YOUR TEST STOP TAKING

- **Proton pump inhibitors** - This includes, but is not limited to rabeprazole (Aciphex), omeprazole (Prilosec), lansoprazole (Prevacid), dexlansoprazole (Dexilant), esomeprazole (Nexium), pantoprazole (Protonix).



2 DAYS BEFORE YOUR TEST STOP TAKING

- **Histamine2 blockers** - This includes, but is not limited to famotidine (Pepcid), cimetidine (Tagamet), ranitidine (Zantac), nizatidine (Axid).



1 DAY BEFORE YOUR TEST STOP TAKING

- **Antacids** - This includes, but is not limited to Maalox, Mylanta, Rolaids, TUMS.



- NIGHT BEFORE** your procedure, **do not eat solid foods** after 12:00 am (midnight). **Do not take any medications** after midnight unless your doctor has specifically asked that you take them (i.e. blood pressure medications). You may **only drink clear liquids** after midnight. Clear liquids consist only of liquids that you would be able to read a newspaper through.

CLEAR LIQUIDS INCLUDE:

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated and non-carbonated soft drinks or sports drinks
- Store-bought and >99% fat-free broth (chicken, beef, vegetable, or bone broth)
- Popsicles or gelatin (such as Jell-O)
- Coffee or tea (without milk or cream)

Do not consume any red-, purple-, or orange-colored liquids.



- 4 HOURS BEFORE** your procedure, **STOP DRINKING ALL CLEAR LIQUIDS AND MEDICATIONS. This means that you should not have anything to eat or drink 4 hours before your upper endoscopy and onward.**

AFTER YOUR UPPER ENDOSCOPY WITH BRAVO™

You will spend time in our post-procedure unit where our nursing staff will monitor you. Once it is felt safe, you will be able to leave with your driver/escort. You will take home a Bravo receiver and diary along with instructions on how to use them both. Once home, you may resume your usual diet. Remember that you will need to return the diary and the receiver to the Medical Procedure Unit, so that your test can be interpreted.

WHAT IS A 96-HOUR WIRELESS ESOPHAGEAL pH CAPSULE TEST AND WHAT CAN I EXPECT DURING THE PROCEDURE?

The wireless esophageal pH capsule (Bravo™) is a test used to measure the amount of stomach acid that refluxes up into the esophagus. During the EGD, the capsule (which is about the size of a large gel cap) is attached to the lining of your esophagus. The Bravo™ capsule measures acidity in the esophagus and transmits this information to a receiver that you will need to keep near you for the duration of the study (96 hours). Along with the receiver, you will be given instructions on how to record your symptoms on a diary during the test. After the study is complete, you need to return the diary and the Bravo™ receiver to the Medical Procedure Unit, so that the data can be downloaded and interpreted by a gastroenterologist. Detailed instructions will be provided to you by a nurse on the day of your appointment.

Five to several days after placement, the Bravo™ capsule naturally falls off and is eliminated from the body with a bowel movement. You will not need to retrieve it.

Please note: You should not have this test if you have a nickel allergy, a pacemaker, an implanted defibrillator, esophageal varices, strictures, or if you tend to bleed. Also, do not have an MRI for 30 days following the procedure, or if you are not certain that you have passed the capsule in your stool. Undergoing an MRI while the capsule is still inside you can result in serious damage to your body.

