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Bravo 48 hour pH Monitoring

The Bravo 48 hour pH monitoring system allows us to measure the amount of acid reflux that a patient has during a 48 hour period.

The Bravo capsule is a small device, approximately the size of a cold capsule. The Bravo capsule is placed about 6 cm above the gastroesophageal junction after an endoscopy is performed. It is disposable, and can measure the pH of its surrounding environment (the level of acid).

Additionally, it has a wireless transmitter and so can send this information without wires to a monitor worn on the patient's belt during the course of the study. During the course of the study, the patient also keeps a diary noting when they eat, when they lie down and when they have their reflux symptoms.

The results from the monitor are downloaded to a computer where they can then be analyzed by the physician. The physician will determine how much reflux the patient has had during the study, and whether this reflux tended to occur while the patient was upright or lying down. Also, the physician can determine if these reflux events correlate with the patient's symptoms.

In general, most studies are performed off of acid reducing medications (eg. Nexium, Prilosec, Aciphex, Protonix, Prevacid, Zantac, Tagamet, Pepcid and antacids), though occasionally the physician will want to have the study performed on medications to see how well the acid reflux is controlled with therapy. If the study is being performed off of medications, it is best to discontinue the medications five days before the start of the test, and to continue to hold the medications during the course of the study.

The monitor must be returned to the physician/hospital after a period of 48 hours (at which time the monitor will shut itself off).

Diary instructions:

The patient will be instructed to keep a diary during the course of the study. The patient will need to enter the time and date that they eat, lie down or have acid reflux symptoms. It is important that the patient remember to enter the current date, and use the time as indicated exactly on the monitor they are wearing (rather than on their own watch). This allows appropriate synchronization with the information being recorded by the Bravo capsule. We ask that you record both the time that you start the event (such as a meal) and that you finish the event. If acid reflux medications are being taken during the study, it is important that the time that these medications are taken be indicated on the diary as well.

You will be given a diary log sheet the day of your procedure. When an event begins, please put a check mark in the appropriate box, and enter the start and end time of the event as indicated by the clock on the monitor (if the monitor is using military time, please use that time as it is indicated on the monitor otherwise, be sure to enter a.m. or p.m.).