

Bravo™ Patient Instructions

Section 1: Bravo pH Checklist

Use this checklist to prepare for your Bravo pH monitoring test and track important steps.

Preparation

- Stop 7 days before (PPI's and PCABs):** Protonix (Pantoprazole), Prevacid (Lansoprazole), Prilosec (Omeprazole), Aciphex (Rabeprazole), Zegerid (Omeprazole with bicarbonate), Nexium (Esomeprazole), Dexilant (Dexlansoprazole), Voquezna (vonoprazan).
- Stop 3 days before (H2 blockers and motility agents):** Zantac (ranitidine), Pepcid (famotidine), Tagament (cimetidine), Carafate (sucralfate), Bentyl (dicyclomine), Axid (nizatidine), metoclopramide, bethanechol, propulsid, Reglan
- Stop over the counter antacids at Midnight the day before:** Maalox, Tums, Mylanta, Gaviscon, Milk of Magnesia, Riopan, Roloids or any other brands
- Nothing to eat or drink after midnight before your procedure.

Medtronic Bravo™ Patient Instruction Video:



Video URL: https://www.youtube.com/watch?v=1p-_WsNwiW4

Day of Procedure

- Wear comfortable clothing.
- Arrange for a responsible adult to drive you home.
- Bring your completed medication list.
- Expect sedation and capsule placement during endoscopy.

Monitoring Period (see separate recording log)

- Follow normal routine; do not alter activity levels.
- Eat regular meals (avoid snacking, gum, and hard candy).
- Record mealtimes, symptoms, and when you lie down or get up.
- Press the appropriate button on the receiver when symptoms occur.
- Keep receiver dry; do not shower with it.
- Avoid X-rays and MRI for 30 days after capsule placement.

After the Test

- After 2 days (48 hours) of documenting in your diary log, please return both the recorder and the diary log to an endoscopy staff member. Endoscopy hours of operation are Mon-Fri 6 am – 3:30 pm. **Remember...the log and recorder MUST BE RETURNED WITH 48 HRS of your BRAVO procedure.**
- Resume normal diet and medications.
- Capsule will pass naturally in 7–10 days.
- Schedule follow-up to review results.