

BRAVO wireless pH monitoring



Information for patients

Sheffield Teaching Hospitals



BRAVO Tubeless pH Monitoring

The aims of this booklet are;

- To inform and involve you in your care
- To explain what happens during your test
- To answer questions you may have about the test

Your Consultant has requested that you have a test to help find the cause of your symptoms. We understand that you may have concerns about having this type of test and would like to reassure you that a Consultant, Endoscopy Nursing Staff and a Clinical Physiologist/Scientist will be conducting the test in a private room and they will ensure your comfort is maintained at all times. You will have the opportunity to ask any questions you have before, during and after your appointment.

What is BRAVO pH monitoring?

BRAVO pH monitoring is a procedure that measures acid reflux within the food pipe (known as the oesophagus). Prolonged acid reflux may also be called gastro-oesophageal reflux disease or GORD.

BRAVO pH monitoring provides an alternative to the more traditional 24 hour pH study, whereby a tube is placed down the nose into the oesophagus for 24 hours.

In relation to BRAVO a small, single-use pH capsule (Image 1) is temporarily attached to the wall of the oesophagus. The capsule wirelessly transmits pH data for up to 96 hours to a recorder, which is carried on a strap/ belt (Image 2). The pH data is then downloaded onto a computer and analysed.

Within a week the capsule should detach naturally and pass through the digestive system.

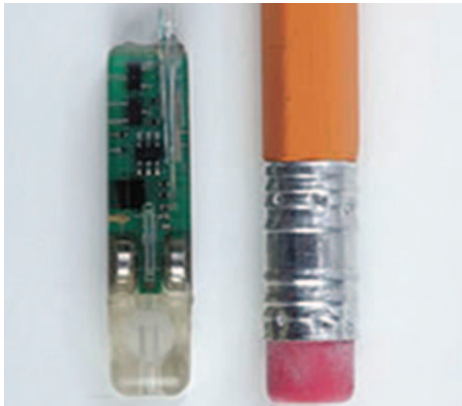


Image 1



Image 2

(capsule size comparison) *Diagmed Healthcare*

Before the test

If your Consultant has requested that you stop acid medication for your test it is very important to follow the tablet instruction sheet enclosed.

It is important that you do not eat or drink for at least 6 hours before your test. You may need to have an endoscopy (a small camera fed into your stomach) to accurately locate the correct position for the capsule. Please ensure that you follow the endoscopy preparation instructions enclosed.

Where do I go?

The procedure is undertaken in the **Endoscopy Unit** (located on Huntsman B floor) at the **Northern General Hospital**.

Please note on your return visit, when you bring the recording equipment and diary back, you need to go to the **Department of GI Physiology**, which is located on Chesterman C floor at the Northern General Hospital.

On the day of your test

Prior to the procedure your Consultant will explain the test and, if required, will discuss local anaesthetic throat spray and sedation. They will also ask you to read a consent form. If you are happy with the information given to you and fully understand the test you may sign the form. However, you may want to ask further questions and your Consultant will be happy to answer them before you sign.

An endoscopy is carried out if needed. The capsule is then positioned, usually through the mouth, via a fine flexible wire (Image 3). Once in the correct place the capsule is attached to the wall of the oesophagus by

means of a tiny pin and suction. The delivery device is then removed (this should all only take a few minutes).

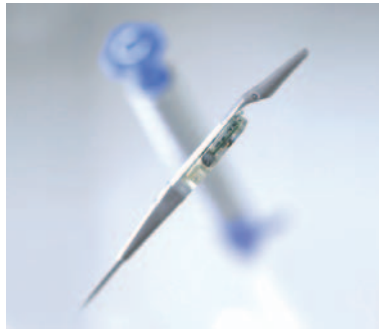


Image 3

Diagmed Healthcare

Once the capsule is attached and the sedation has worn off (if it is required) you will receive instructions on how to use the equipment and fill in an event diary – see details below. You will be given an appointment to return with the equipment to the Department of GI Physiology approximately 4 days later.

You will be allowed to leave the department as soon as the Endoscopy Staff are happy (the length of stay will depend on factors such as whether you have had sedation or not - please refer to the endoscopy instructions enclosed).

What happens when you go home?

It is vital that the recorder stays within one metre of the capsule during the recording period. It is also important that you carry out your usual daily activities as much as possible. We will ask you to accurately document activities such as meals and drinks, when you are

in bed/ lying down and when you are having symptoms during the test. These details are important to help us analyse the recording.

To ensure accuracy of the recording you will be asked to not drink alcohol and other acidic/ fizzy drinks (including fruit juice and squash) and to not eat fruit during the test.

Baths/ showers are allowed as long as the recorder does not get wet.

What are the risks?

As with all procedures there may be risks. Potential risks during endoscopy and capsule placement include; failure to attach/detach, dizziness, fainting and a very small risk of perforation and bleeding of the oesophagus. Once the capsule is in place some people experience mild chest discomfort until the capsule has detached. Another risk is premature detachment. Please note: the BRAVO capsule contains nickel, please contact the department for advice if you are known to have a nickel allergy.

Please note it is very important that you do not have an MRI scan within 30 days after your test.

What happens after the test?

You will be able to restart your acid medication (providing no other relevant tests are pending). Within a week of the procedure, the capsule should naturally detach from the wall of the oesophagus and pass through the digestive system. The capsule does not need to be retained.

Your results will be sent to the Consultant who referred you within 10 working days of your test. If you have not already been given an appointment to see your Consultant, you will be contacted in due course.

For further information please contact the Department of GI Physiology on **0114 271 4293** (please note the Department is closed on weekends, we are open between 8:00am and 4:00pm Monday - Friday).

Alternatively please contact Endoscopy Nursing Staff on **0114 226 9730** (the Department is open Monday - Thursday until 9:00pm and Friday and Saturday until 6:00pm).

Further reading

Gastro-Oesophageal Reflux Disease

- <https://www.nhs.uk/conditions/heartburn-and-acid-reflux/>

Diagmed BRAVO Patient Information Leaflet

- <http://diagmed.healthcare/wp-content/uploads/2015/03/Bravo-Patient-information.pdf>



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