

EGD with Bravo pH Study Instructions

You are scheduled for a Bravo pH Study with an EGD. An EGD, upper scope, or upper endoscopy are all short for a procedure known as an Esophagogastroduodenoscopy. This is a diagnostic procedure that allows for the physician to monitor the frequency and duration of gastric reflux during a normal day. To get the most accurate results you must eat, drink, work, and exercise as you normally would.

A capsule will be attached to your esophagus during the procedure and you will leave the hospital with a monitor that will record all events during your normal day. The capsule will disintegrate on its own, but the monitor will need to be returned to the hospital for the results to be interpreted.

If you have any additional questions regarding why you are scheduled for this type of procedure, please reach out to the provider that requested your procedure directly.

Please read the instructions closely.

7 Days before your procedure

- Stop taking all of your antacids. The only medication you may take for your reflux is tums UNLESS otherwise directed by your ordering healthcare provider

Day before your procedure

- If you elected to take tums for your reflux, stop taking tums.

Day of your procedure

- Take any of your normal prescription medications with a small amount of water UNLESS otherwise directed in the above instructions.
- Do not eat anything after midnight.
- You may have clear liquids up to 3 hours before your arrival time.
- Do not chew gum or candy after midnight.

Examples of acceptable clear liquids:

- Soups such as clear bouillon, chicken Broth, vegetable broth, beef broth, or consommé.
- Beverages such as tea, coffee (no dairy cream/milk), crystal light, carbonated beverages such as soda water, electrolyte beverages such as Gatorade.
 - You may add sugar and artificial sweetener to your coffee or tea.
- Juices such as apple, white grape, or white cranberry juice.
 - Orange and grapefruit juice are **not** clear liquids and should be avoided.
- Sweet treats such as Italian ices, popsicles without milk, or Jell-O