

## Answers to your questions

### What are the benefits of the Bravo pH monitoring procedure?

The Bravo pH monitoring procedure is catheter-free so you are free to move about as long as you stay within three feet or approximately one meter of the recorder. You can bathe and get a restful night's sleep because you can place the recorder outside the shower or on your nightstand, and the test will not be interrupted.

This test also allows for evaluation of acid reflux and symptoms both on or off reflux medication, depending on your doctor's recommendation.

### Will the test restrict my diet and activities?

No. One of the added benefits of the capsule is that it is so small that you may eat normally and go about your daily routine.

### What happens after the test?

After the test is complete, the disposable capsule falls off the wall of the esophagus and passes naturally with your bowel movement through your digestive tract. The data captured on the recorder during the procedure will be downloaded to a computer and your doctor will view the test results.

This brochure is intended to supplement the direction and explanations from your doctor regarding the ingestion of a Bravo pH capsule. It does not replace your doctor's care, advice and specific instructions regarding the preparation for your procedure.

### Your procedure is scheduled for:

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### Do not have an MRI for 30 days.

I cannot have an MRI until: \_\_\_\_\_  
Date

### Instructions from physician or nurse:

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### For additional information call:

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[www.givenimaging.com](http://www.givenimaging.com)

### Risk Statement

The risks of Bravo pH monitoring include premature detachment, discomfort, failure to attach, capsule aspiration, capsule retention, tears in the mucosa, bleeding and perforation. Endoscopic placement may present additional risks. Medical, endoscopic or surgical intervention may be necessary to address any of these complications, should they occur. Because the capsule contains a small magnet, patients should not have an MRI study within 30 days of undergoing the Bravo pH test. Please consult your physician or refer to [givenimaging.com](http://givenimaging.com) for detailed information.

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## Bravo® pH Monitoring



### A patient-friendly test to help you understand your reflux symptoms.

- Monitors symptoms during your regular activities
- Convenient, capsule-based design



**GIVEN**  
IMAGING



## Why test for GERD?

Do you have frequent indigestion or a burning sensation in the center of your chest? Do you regularly get sour or bitter-tasting fluids in your throat or mouth? Do you avoid lying flat or bending over to prevent acid from backing up into your throat?



If you answered “yes” to any of these questions, you might have chronic (more than twice per week) heartburn or GERD (gastroesophageal reflux disease). The heartburn may be so severe that it interferes with your daily routine.

Frequent or chronic heartburn may be associated with a more serious problem known as GERD. Damage caused by GERD can lead to more serious medical problems such as difficulty in swallowing (dysphagia), narrowing of the esophagus (strictures), and Barrett’s esophagus.

Bravo pH monitoring is a minimally invasive test for evaluation of heartburn or related symptoms. Your doctor will analyze results from this test to determine what is causing your symptoms and the treatment to prescribe for you.

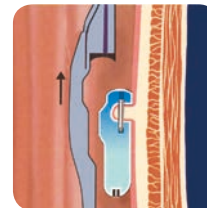


## How it works

After administering a local anesthetic, your doctor will place a Bravo capsule into your esophagus using a delivery device. The test involves a miniature pH capsule, approximately the size of a gelcap, which is temporarily attached to the wall of your esophagus.



Throughout the test period, the Bravo pH capsule will measure the pH in the esophagus and transmit this information to a small recorder worn on your belt or waistband just like a mobile phone. Once the Bravo capsule has been placed and you have been instructed how to use the recorder, you can leave the doctor’s office and go about your normal activities.



Once the test has been completed, you will need to return the recorder to your doctor and the test data will then be uploaded to a computer. The information will be analyzed by your doctor to diagnose your condition.



## What to expect

The capsule takes only moments to place in the esophagus. Then, the test period lasts 48 to 96 hours, depending on what your doctor requests. The test is catheter-free (meaning no tube or wire remains in your nose or mouth) after placement of the capsule.



Some patients say they have a vague sensation that “something” is in their esophagus. Some patients say they feel the capsule when they eat or when food passes the capsule. Should you experience this, chewing food carefully and drinking liquids may minimize this sensation.



Your doctor will instruct you how to use the recorder and when to return the equipment. You will be given a diary to write down the times when you have reflux symptoms (coughing, heartburn, regurgitation), when you eat and when you lie down.