

GREATER BOSTON GASTROENTEROLOGY

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Please read the materials in this packet as soon as you get them - do not wait until the day of your test. This is important because some of preparation may begin as early as one week before the day of your test.

You are scheduled for a procedure on: _____ at: _____.

Please report to the location checked below 45 minutes early at: _____

MetroWest Medical Center
115 Lincoln Street
Endoscopy Dept 1st Floor
Framingham, MA 01702

Boston Endoscopy Center
175 Worcester Street
Wellesley Hills, MA 02481

Charles River Endoscopy
571 Union Avenue
Framingham, MA 01702

1. It is extremely important that you make arrangements to have a responsible adult available to take you home after your procedure. **You may not drive yourself home after the test.** If you take a cab, someone must ride home with you in the cab (in addition to the cab driver). This is a policy that is strictly enforced for your safety. **No exceptions** are made unless you plan to undergo the procedure without sedation. If you wish to do this, you should discuss with your doctor in advance.
2. You must have the entire day off, no working, no driving, and no plans. You will receive sedatives for your procedure. As you recover from the sedatives, you should not go back to work or school and you should not make important decisions. If you normally care for children or disabled relatives, get help with these responsibilities on the day of your test.
3. **Important** –Do not stop taking any medicine that a doctor has asked you to take without talking first with that doctor. He/she may want you to continue to take the medicine even during your preparation for procedure. If this is the case, please **let us know** as special arrangements, including a possible pre-procedure office visit may be necessary. Your prescribing physician may need to speak to one of our doctors. This is particularly **important** for patients on **insulin** or other diabetes medications and those on **Pradaxa, Coumadin, Warfarin, Plavix, Eliquis, Xarelto, Apixaban, Dabigatran, Clopidogrel or Rivaroxaban** . Do not assume that it is safe to stop one of these medications even if you have done so before.
4. A \$50.00 cancellation fee will be billed directly to the patient for any appointment not cancelled with a 48 hour notice.

When this procedure was scheduled, the insurance on file for you was: _____
If your insurance changes, you must notify the office at 508-620-9200 at least 14 days prior to your procedure.
You will be responsible for any charges due to lack of correct insurance information.

YOU MUST COMPLETE THE ATTACHED FORMS AND BRING WITH YOU:

1. PRE PROCEDURE ASSESSMENT FORM
2. CURRENT MEDICATIONS LIST

PREPARATION FOR 48 HR BRAVO CAPSULE WITH ENDOSCOPIC PLACEMENT

There are some very important facts that you need to be aware of:

- 1) If you take **Coumadin or Warfarin**, in general it will need to be discontinued 5 days before the procedure.
- 2) If you take **Plavix or Clopidogrel**, in general it will need to be discontinued 7 days before the procedure.
- 3) If you take **Pradaxa, Eliquis or Xarelto, Rivaroxaban, Apixaban or Dabigatran**, in general it will need to be discontinued for 2 days before the procedure (3 days if you are on dialysis).

Important – do not stop taking any medicine that a doctor has asked you to take without talking first with that doctor. He/she may want you to continue to take the medicine even during your preparation for procedure. If this is the case, please let us know as special arrangements, including a possible pre-procedure office visit may be necessary. Your prescribing physician may need to speak to one of our doctors. This is particularly important for patients on insulin or other diabetes medications and those on **Pradaxa, Coumadin, Warfarin, Plavix, Eliquis, Xarelto, Apixaban, Dabigatran, Clopidogrel or Rivaroxaban** . . Do not assume that it is safe to stop one of these medications even if you have done so before

- 4) You must **discontinue any PPI and H2 Blocker medications ONE WEEK PRIOR to the procedure** unless otherwise instructed by your doctor.

PPI'S include:		H2Blockers	
<u>Generic Name</u>	<u>US Brand Name</u>	<u>Generic Name</u>	<u>US Brand Name</u>
Omeprazole	Prilosec	Ranitidine	Tagament
Lansoprazole	Prevacid	Cimetidine	Zantac
Rabeprazole	Aciphex	Famotidine	Pepcid
Esomeprazole	Nexium		
Pantoprazole	Protonix	Others	
Dexlansoprazole	Dexilant	Sucralfate	Carafate
Omeprazole+Bicarbonate	Zegerid		

- 5) You should **continue taking all other regular medications**, even on the day of the examination except for the medications listed above.
- 6) If you have **Diabetes**, preparing for a procedure involves some temporary changes in your diet. It is important that you know how to adjust your insulin or your oral medicines during this time.
 - **If you take oral diabetes medication for your diabetes, you should not take it the day before or the night before your procedure. Please consult your doctor when to resume your oral diabetes medication after your procedure.**
 - **If you take Insulin, you MUST consult the doctor who takes care of your diabetes for any temporary changes to your insulin dosing.**

If you have bleeding problems, esophageal varices, obstructions, a pacemaker, or an implantable cardiac defibrillator, please let us know as you may not be able to have a Bravo pH test

DAY OF EXAMINATION:

1. If your procedure is before noon, you should have nothing by mouth (except medications with minimal water) from midnight on. If your procedure is after noon, you can take clear liquids up to four hours before the procedure, but no thick liquids or solid food after midnight. If you are a smoker, do not smoke the day of your test.
2. The examination will take approximately thirty minutes, but may vary from patient to patient. After the examination is completed, you will spend approximately thirty minutes in our recovery area. The total average time you will be at the office is one hour.
3. Please keep in mind that this is an estimated appointment time. Because the time involved in each procedure is often unpredictable, and procedures are scheduled to follow each other consecutively; there are occasions when the schedule runs behind. Your patience and understanding are appreciated.

DAY AFTER EXAMINATION:

You can expect to resume normal activities again unless otherwise indicated. After the procedure, you will be given instructions about diet and medications.

48 HOURS FOLLOWING PROCEDURE

PLEASE RETURN to the office at 475 Franklin Street so we can retrieve the recording device and the diary for interpretation of the results.

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475 Franklin Street
Framingham, MA 01702

What Is the Bravo pH Monitoring System

Bravo pH capsule attached to delivery system The catheter-free test measures pH levels in your esophagus. These measurements allow your doctor to evaluate your heartburn and acid reflux symptoms and plan the best treatment for your diagnosis.

Your doctor will temporarily attach the capsule to the wall of your esophagus. The capsule is very small – about the size of a gel cap – and usually takes a few minutes to place.

Once the capsule is in position, suction is applied, and a small amount of esophageal tissue is drawn into the capsule, locking it in place.

The capsule takes continuous pH (acid) measurements for up to 48 hours and transmits that information wirelessly to a small receiver you wear on your waistband. The information is then from the receiver is uploaded to a computer for analysis. You will be instructed to return the equipment to the office at 475 Franklin street.

You can eat normally and engage in your usual activities during the test. The disposable pH capsule will spontaneously detach and pass through your digestive system after several days.

Benefits

A catheter-free pH test, Bravo provides a more tolerable and convenient way to evaluate your heartburn symptoms when compared to catheter-based pH monitoring systems.

The capsule is temporarily attached to the wall of your esophagus. The capsule transmits pH (acid) information wirelessly to a small receiver worn on your belt or waistband. Data can be transmitted approximately 3 feet, which means you can take the receiver off to shower and sleep without interrupting the test.

Most importantly, a catheter-free test allows you to engage in your usual activities during the test period

- Eat normally
- Bathe and sleep comfortably
- Maintain your daily life

The Bravo System allows you to perform your normal activities during the pH test, which has the potential to provide a more accurate picture of your acid exposure compared to data collected using catheter-based systems.²

Potential Risks Associated with Procedure

Because the capsule contains a small magnet, you should not have an MRI study for 30 days after undergoing the Bravo pH test.

Other potential complications of the Bravo pH Monitoring System include the following events:

Premature detachment of the pH capsule. This may require a repeat examination.

Failure of the pH capsule to detach from the esophagus within several days after placement, or discomfort associated with the pH capsule, requiring endoscopic removal. This is uncommon.

Tears in the superficial (mucosal and submucosal) layers of the esophagus, causing bleeding and requiring possible medical intervention

Perforation. This is rare.