

## BRAVO MONITORING INSTRUCTIONS



← Your recorder



Chest Pain



Regurgitation



Heartburn



Meal  
Button



Sleep  
Button

Symptom Buttons

### Recording event on the Bravo pH recorder



Press any of the three *Symptom Buttons* (chest pain, regurgitation, heartburn) once for each individual event.



Press the *Meal Button* once at the start of the meal and once at the end of the meal. In between the two presses, the button LED will blink until the button is pressed to mark the end the event.



Press the *Supine Button* once when lying down for bed and once at the end of the lying period. In between the two presses, the button LED will blink until the button is pressed to mark the end the event.

#### Notes:

All button functions are active only when backlight is ON. If OFF, pressing any of the enabled recorder buttons will first turn backlight ON and no function will be activated. Pressing the desired button when the backlight is ON will activate the desired function.

## **BRAVO MONITORING INSTRUCTIONS**

*The recorder is recording for 48 hours after the Bravo capsule is placed.*

*You **MUST** press the recorder button for all meals, symptoms and sleeping on your Bravo Recorder.*

*Use the Bravo Diary provided **ONLY** if you forgot to press the buttons on the recorder.*

**Antacid Medications: Stop Antacids During Study: \_\_\_Y \_\_\_N**

### **Meals**

- A meal is any time that you eat or drink something other than plain water. No need to record plain water.
- All meal start/stop times need to be recorded in your diary in addition to your monitor.
- Please do not graze during the test. Do not chew gum or suck on any hard candies/lozenges.

**To record a meal:** press the fork/knife button. The green light should be blinking while eating. Once done with your meal, hit the fork/knife button again.

### **Sleeping**

Use this button every time you are lying down, even if you are not sleeping.

**To record sleep:** hit the bed button. The green light will be blinking. Hit button again when rise.

### **Symptoms**

Each of the shape buttons is for a symptom. Hit the same button for the same symptom each time it occurs. For example, hit the triangle button each time you have chest pain, and the square button each time you have heart burn. You will assign each button to your specific symptoms.

The icon will flash when you hit the button. If you are unsure if it recorded, it is ok to hit it a second time.

### **Notes**

***You must “wake up the monitor” before recording meals, symptoms or being supine.***

***The recorder screen will be blank when in standby. To wake up, press any button.***

***Diary Entries: Use time on your recorder.***

The recorder is not waterproof. Please do not take it into the shower with you.

The recorder needs to be within three feet of your chest. It will alarm if too far away. To reset the alarm, hold the recorder up to your chest until it stops alarming.

The Bravo capsule can take up to 30 days to pass through your GI system.

The Bravo capsule is magnetic and can set off a metal detector. If you need to go through one in the next 30 days, please take your discharge instructions with you.

**Do not have a MRI** for the 30 days after the Bravo is placed. If you need an emergency MRI, please let your provider know that you had the Bravo placed. They will need to x-ray you to confirm if it has passed.

**Please return the recorder and your diary at the assigned time, otherwise you will be charged a late fee.**