
INFORMATION FOR PATIENTS

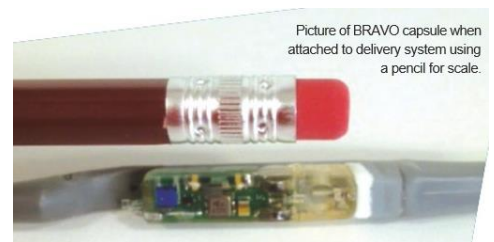
Catheter-free BRAVO capsule

48-hour pH study via gastroscopy

Your consultant has referred you for a BRAVO capsule 48-hour pH study because you are having problems with your stomach. The most common reason for referral for this test is heartburn/acid reflux.

What is a BRAVO capsule pH study?

The test is used to examine the amount of acid passing up from the stomach into the oesophagus (gullet). The BRAVO capsule is a small pill that is attached to the lining of the gullet above the valve for the stomach. The capsule sends wireless signals to a receiver to record the acid levels in the gullet over a 48-hour period.



What do I need to do before the test?

You will be sent a letter from the Endoscopy department that will tell you how to prepare for a gastroscopy procedure. Please follow the instructions provided.

For the BRAVO study we need you to stop certain medications before the test:

Stop 14 days before the test:

- Lansoprazole (Zoton)
- Omeprazole (Losec)
- Pantoprazole (Protium)
- Rabeprazole (Pariet)
- Esomeprazole (Nexium.)

Stop 2 days before the test:

- Cimetidine/ Dyspamet (Tagamet)
- Famotidine (Pepcid)
- Axid (Nizatidine)
- Metaclopramide
- Domperidone

- Gaviscon
- Pyrogastrone
- Maxalon
- Rennies
- Settlers
- Bisodol
- Magnesium Trisilicate
- Gastrocote.

If you are taking blood thinners such as Warfarin, Clopidogrel or Apixaban, you will be advised when to stop it before the test by the requesting consultant.

Is the test suitable for all patients?

The test is not suitable for:

- Anyone who has an implanted device such as a permanent pacemaker or defibrillator.
- Anyone who is pregnant.
- Any underlying blood clotting problem.
- A stricture of the oesophagus.
- Severe reflux oesophagitis.
- Oesophageal varices.
- Previous upper GI surgery.
- Crohn's disease.
- Oesophageal diverticular.
- Any active malignancy.
- Zollinger- Ellison syndrome.

Additionally, because the BRAVO capsule contains a magnet you should not undergo an MRI scan with 30 days of having a BRAVO pH examination.

What does the test involve?

You will be asked to attend the endoscopy department, where staff will prepare you for a gastroscopy procedure (see the gastroscopy leaflet given). During the gastroscopy, the endoscopist will assess the lining of the gullet by inserting a camera down the gullet and into the stomach. They will also measure where to place the BRAVO capsule.

The camera will then be removed, and the BRAVO capsule will be inserted through the mouth and down the throat to the required position. The capsule is pinned to the lining of the gullet, and it will transmit signals to a receiver. The receiver is about the size of a mobile phone and can either be carried in an over the shoulder pouch or clipped to your belt.

The capsule will send signals to the receiver for 48 hours when the receiver automatically stops recording (in certain cases we can record the data for 96 hours). The capsule will stay attached to the lining of the gullet for 5 and 12 days and will drop off and pass naturally through your digestive system.



Will it be painful?

No. It may be uncomfortable during the procedure, and you may feel a strange sensation between your ribs where the capsule is attached. Some patients have reported discomfort when swallowing. If you experience this, chewing carefully and drinking liquids may help minimise this sensation.

You may also have chest pain. You can take pain relief medication such as paracetamol or ibuprofen to help ease this. However, if the pain becomes severe, please contact the Endoscopy department between 8am and 6pm on 01623 622515, extension 4076, or go to your nearest Emergency Department.

What do I do during the test?

Before you leave the Endoscopy department, a member of staff will discuss a diary sheet with you. Over the 48-hour period you will be asked to complete a diary listing your activities. You can eat and drink as normal and can continue your normal activities.

You can shower/bathe during the test but DO NOT take the receiver in with you as it is not waterproof.

The receiver can pick up signals from the capsule up to 3 feet away (1 metre), so you can leave it in a safe, dry place while you bathe and put it back on when you are dry.

How do I care for the receiver?

During the 48-hour study period, you need to ensure the receiver is always with you. Please ensure you keep it dry. The receiver may beep during the procedure and display a flashing **C1** on the screen on top. This can be due to:

1. The receiver being out of range from the capsule.
2. External interference, such as wireless broadband, Wi-Fi, Bluetooth devices and mobile phones, which may use the same frequency as the capsule.

If this happens:

1. Bring the receiver close to your chest bone and keep it there until the flashing **C1** message disappears. Then keep the receiver within 3 feet of your chest.
2. Stop using you Wi-Fi/ wireless broadband and move away from any potential source of interference.
3. If these actions do not work, please ring the Endoscopy department on 01623 622515, extension 4076.

Will I be able to take any medicine for indigestion during the test?

No. All medications have the effect of masking or reducing acid levels and therefore will give an inaccurate result. You will be able to resume taking your indigestion medication after the study.

Benefits and risks of BRAVO pH study

The BRAVO study is a good alternative to measure acid reflux in patients who cannot tolerate a tube down the nose for 24 hours.

Complications are very rare and those associated with gastroscopy are documented in the leaflets sent with your appointment letter.

Potential complications with the BRAVO pH capsule include:

- Tears in the gullet lining, causing bleeding and possibly requiring medical attention.
- Perforation of the gullet.
- Premature detachment of the BRAVO capsule which may mean the test will need repeating.

What happens next?

Once the study has been completed, you will be asked to return to the Endoscopy department to return the receiver and diary sheet.

It is very important that you return the receiver promptly on the day agreed with the nurse/endoscopist as the receiver is needed for use by other patients.

The recording will be uploaded, and the results analyzed. The results will be sent to your consultant who will explain the results either in person in an outpatient clinic or by letter, and they will discuss any further tests or treatments needed.

Any questions?

If you have any questions, please ring the Endoscopy department on 01623 622515, extension 4076.

Further sources of help and information

You can read more about this test at the following websites:

- <https://www.medtronic.com/covidien/en-gb/products/reflux-testing.html#>
- Video information available via YouTube
- Our website: www.sfh-tr.nhs.uk

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns, or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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