

Bravo pH Monitoring

➤ What is Heartburn?

- Heartburn occurs when contents from the stomach flow back up into the esophagus. Heartburn usually begins as a burning feeling in the center of your chest. Often, there is a sensation of food or fluid coming back into your throat and mouth that typically tastes sour or bitter. The burning sensation can last for hours and is often worse after eating. Many people occasionally experience heartburn. But, heartburn can be a symptom of a more serious condition, GERD.

➤ What is GERD?

- GERD is frequent or chronic heartburn (more than twice per week). The heartburn may be so severe that it interferes with your daily routine. Damage caused by GERD can lead to more serious medical problems such as difficulty in swallowing (dysphagia), narrowing of the esophagus (strictures) or Barrett's Esophagus. Barrett's Esophagus is a disorder in which the lining of the esophagus (the tube that carries food from the throat to the stomach) is damaged by stomach acid and changed to a lining similar to that of the stomach.

➤ Why should you test for heartburn?

- Do you have a great deal of 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 need help sitting up when you're lying down, or avoid

bending over to prevent acid from backing up into your throat?

- If you answered “yes” to any of these questions, you might have chronic heartburn or GERD (gastroesophageal reflux disease). There is a non-invasive test for heartburn called Bravo. The results from this quick and easy diagnostic test will tell your doctor what is causing your symptoms and what is the best treatment to prescribe for you.
- How the Bravo System Works
 - The test involves a miniature pH capsule, approximately the size of a gelcap that is attached to your esophagus. Throughout the test period, the Bravo capsule measures the pH in the esophagus and transmits this information the pager-sized receiver worn on your belt or waistband just like a pager or mobile phone. You will be given a diary to write down the times when you have reflux symptoms (for example, coughing, heartburn, regurgitation), when eating or when lying down. After the test is completed, you return the diary and the Bravo Receiver to your doctor and the information is uploaded to a computer, which provides a comprehensive report so the physician can diagnose your condition.
- Frequently asked questions about Bravo
 - What are the benefits of the Bravo System?

- The Bravo pH system provides comfort and convenience. Data is recorded when the capsule and receiver are within 3 feet of each other. What this means is you can bathe and get a restful night's sleep because you can place the receiver outside the shower or on your nightstand and the test will not be interrupted.
- How long does the Bravo test take?
 - The capsule takes only moments to place in the esophagus. Then, the Bravo test lasts 24-48 hours, depending on the physician request.
- Will the Bravo test restrict my diet and activities?
 - The test is catheter-free and the receiver is small so you may eat normally and go about your daily routine without any restrictions.
- What happens to the capsule after the test?
 - Several days after the test, the capsule naturally falls off the wall of the esophagus and passes through your digestive tract and is eliminated from the body.
- Will I feel the capsule during the test?
 - 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.