

1825 Logan Ave. (Entrance 8)
Waterloo, Iowa 50703
319.235.3823

125 E. Tower Park Dr.
Waterloo, Iowa 50701
319.234.5990

UnityPoint Health - Allen Hospital

Digestive Health Center

CedarValleyGI.com

Ravi Mallavarapu, M.D.
Srinivas Kalala, M.D.
Ana Alardin, M.D.
Barbara Burkle, ARNP
Tracy Elliott, ARNP

Important information about the Bravo:

- Do not get the Bravo wet.
- Keep the Bravo within 3 feet of you at all times.
- If the Bravo beeps "C1", it needs to be held up to your chest for 30 seconds to recapture.
- You MUST record these things in the diary:
 - When you start eating
 - When you stop eating
 - When you lie down
 - When you get up
- Your symptoms do not have to be written down as long as you push the buttons on the Bravo.
- Use the time on the Bravo, not your watch or clocks in your home.
- The time on the Bravo is military time.
- Return Bravo and diary directly to Digestive Health Center.
- No MRI for 30 days
- Avoid orange juice or anything real acidic. Try to eat as normal as possible.
- Try to limit drinking with your meals.
- Check with your doctor regarding whether or not to continue medications during the study.
- Some people say they can feel the capsule, others do not.
- The capsule will fall off in 5-7 days.

Bravo pH Monitoring System

Why 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 can answer "yes" to any of these questions, you might have chronic heartburn or GERD (Gastroesophageal Reflux Disease). Now, there is a non-invasive test for heartburn – it's 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.

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.

Location: Office Endoscopy Suite

125 E. Tower Park Dr.

Allen Hospital

1825 Logan Ave. (Outpatient Entrance #8 on Donald St.)

If you have any questions or concerns, please call our office at 319-234-5990.

Office hours are Monday – Friday from 8:30am - 5:00pm, with phones answered 24 hours per day for emergencies.