







## Important Information About the Bravo

If the Bravo beeps for 30 seconds and the icon 1 disappears from the screen, the signal needs to be recaptured by holding the recorder up to your chest until the beep stops and the 1 icon reappears on the screen. The Bravo recorder must remain within 3 feet of you at all times.

You may take a bath/shower during the testing period, but the recorder **must not get wet** and must remain within 3 feet of you. Please leave the recorder outside of the shower or tub while bathing.

Please use the symptom buttons on the recorder to record your symptoms during the monitoring period.

Symptom button	Symptom icon
	 Chest pain
	 Regurgitation
	 Heart burn

### \*SYMPTOMS BUTTON NOTE:

All button functions are active only when the backlight is **ON**. If the backlight is **OFF**, pressing any of the recorder buttons will first turn the backlight **ON**. Pressing the desired button a second time will activate the desired function.

Please remember to record all meals, drinks, and snacks by pressing the Meal button once at the start of the meal and once at the end of the meal. The LED light on the button will begin to blink when you press the button to indicate that you have started the meal and will stop blinking when you press it a second time to indicate you have stopped the meal.

You may drink whatever you like with meals and snacks (juices, soda, coffee, tea). Please only drink limited amounts of plain water between meals and do not sip over long periods of time. (Sips of plain water do not need to be recorded.) Please do not chew gum or eat hard candy during the monitoring period.

Press the Supine button once when lying down for bed and once when you get up. The LED light on the button will begin to blink when you press the button to indicate that you have lain down and will stop blinking when you press it a second time to indicate you that have gotten up. NOTE: You need to record all of your up and down times—even quick trips to the restroom at night or lying down on the couch.

- The time on the Bravo is military time.
- Return Bravo and diary directly to the Cedar Valley Digestive Health Center.
- No MRI for 30 days.
- 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 do you 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). There is now 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 known as GERD.

**Location: 1015 S. Hackett Rd.  
Waterloo, IA 50701**

If you have any questions or concerns, please call our office at 319-234-5990.  
Office hours are Monday–Friday from 8:30 a.m.–5:00 p.m., with phones answered 24 hours per day for emergencies.