

EGD with BRAVO pH Monitoring



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

Please review all the instructions about your test and prep as soon as you get them, so you can prepare. You may need to change some of your medicines.

The device used in this test contains nickel. If you have a **nickel allergy**, you will not be able to have this test. Please call your doctor to discuss other options.

Arrange to have an adult to drive you to your test and be there to take you home after the test. If you are taking a cab, bus or medical transportation service home after the procedure, **an adult, other than the driver, needs to ride with you for your safety.** Medicine given to help you relax during the test will affect your judgment and reflexes much of the day.

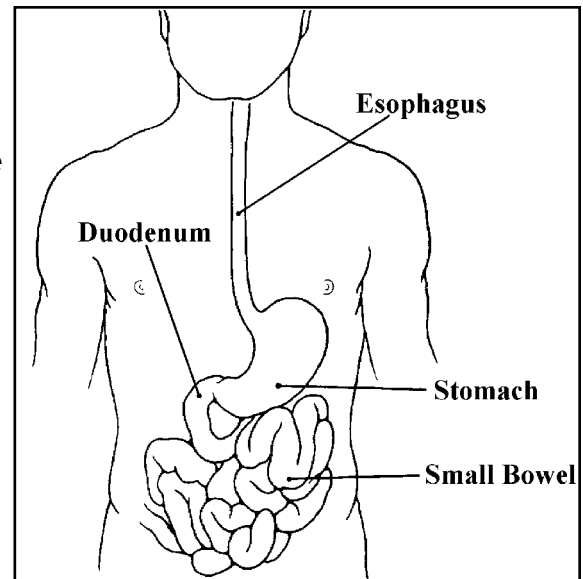
If you need to **cancel or change your test appointment, call 614-293-8784.**

If you have any **questions about your test or prep instructions, call 614-293-6255** and ask to talk with a nurse.

About your test

An **EGD** is also called an **upper endoscopy**. It is done with a narrow, flexible tube that has a camera and lights that goes in through your mouth into the upper digestive tract. It allows your doctor to look into your esophagus, stomach and part of the small intestine called the duodenum.

The doctor will attach a BRAVO pH monitoring device to the lining of your esophagus during the test to see how much acid is in your lower esophagus. This test helps your doctor make plans for treatment if needed.



You may need to make changes to your medicines

If you take a proton pump inhibitor medicine, such as Aciphex, Prilosec, Prevacid, Protonix, Nexium, Zegerid, Kapidex and Dexilant, stop these medicines 7 days before the test. If you take a different medicine, ask your doctor when to stop the medicine.

- You may take Zantac, Tagamet or Pepcid up until 3 days before the test.
- You may take TUMS up until the evening before the test.

If you take aspirin or NSAIDs such as ibuprofen, naproxen or Celebrex for pain, you **do not need to stop** taking these medicines before these tests.

If you take medicines for diabetes, ask the doctor who ordered your diabetes medicine how to adjust your medicines for this test.

If you take any blood thinner medicines, such as those listed below:

- Ask the doctor who ordered this medicine if it is safe for you to stop taking this medicine before the test. **If you have a stent or certain other health problems, do NOT stop taking these medicines.**
- **If your doctor has advised you to NOT stop taking these medicines before the test, please call 614-293-6255 and ask to talk to a nurse.**
- If your doctor agrees you should stop taking any of the medicines listed below, stop for the listed number of days before your test or as your doctor recommends:

<input type="checkbox"/> Brilinta (Ticagretor) – 5 days	<input type="checkbox"/> Pletal (Cilostazol) – 5 days
<input type="checkbox"/> Coumadin (Warfarin) – 5 days	<input type="checkbox"/> Pradaxa (Dabigatran) – 2 days
<input type="checkbox"/> Effient (Prasugrel) – 7 days	<input type="checkbox"/> Savaysa (Edoxaban) – 2 days
<input type="checkbox"/> Eliquis (Apixaban) – 2 days	<input type="checkbox"/> Ticlid (Ticlopidine) – 10 days
<input type="checkbox"/> Lovenox (Enoxaparin) – 1 day	<input type="checkbox"/> Xarelto (Rivavoxaban) – 1 day
<input type="checkbox"/> Plavix (Clopidogrel) – 5 days	

Start clear liquids only the evening before your test

You may eat your regular meals until 8 hours before you test when you need to drink **only clear liquids**.

You can drink clear liquids up to 4 hours before your test.

These clear liquids are allowed, but **avoid all red colored liquids**:

- Water
- Fruit juices that you can see through such as apple, white cranberry or white grape
- Popsicles or ice chips
- Gingerale or lemon-lime soda
- Gatorade, other sports drinks or other drink mix like Kool Aid
- Clear broth or bouillon
- Jello
- Coffee or tea (no milk or cream added)

Morning of your test

- Take your medicines for blood pressure, heart issues, seizures or pain with a sip of water **up to 2 hours before** your test.
- Please leave all valuables and jewelry including piercings at home.
- Female patients should come prepared to give a urine sample in case a pregnancy test is needed.
- Your driver must be present when you sign in to proceed with your test.

- Bring these with you to your test:
 - A list of all medicines, including prescription and over the counter medicines and any vitamin or herbal products you are taking
 - A list of your allergies
 - List of medical conditions and previous surgeries
 - A copy of advanced directive such as a living will or power of attorney
 - Your photo identification, insurance card and co-payment, if needed
- Plan to **arrive at the arrival time on your letter** so the staff can get you ready. **Expect to be here 2 to 4 hours for your test and recovery time.**
- If your driver leaves the facility during the test, we will need a phone number where he or she can be reached. Your driver needs to be within 30 minutes of the endoscopy unit.

Having the test

- After you have registered, you will change into a hospital gown.
- A nurse will review your medicine list and medical history.
- An intravenous (IV) line will be placed to give you medicine during the test. Let the nurse know right away if you have had problems having an IV placed in the past.
- When the nurse has you ready, you will be taken to a private room, where your test will be done.
- You will be given a consent form to read over. The doctor will talk to you and go over the consent form. Ask any questions you have about the test before you sign the form.
- You will be given medicines in your IV to help you relax. You will likely rest on your left side.
- Your throat may be sprayed with a numbing medicine.
- The doctor will pass another tube through your mouth and into your esophagus, stomach and duodenum.
- The test will take about 15 minutes.

After the test

- You will be taken to a recovery area for 30 to 45 minutes.
- You will then change back into your clothes.
- The doctor will speak with you and your family member before you leave.
- Plan to take the day off of work and rest at home after the test.
- The medicine given during the test can cause you to have memory changes and impair your judgment. **Do not drive a motorized vehicle or operate heavy machinery. Do not sign any papers or make any legal decisions.**

Talk to your doctor or health care team if you have any questions about your care.

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.