

Upper Endoscopy with pH Capsule (EGD with Bravo) Procedure Preparation Step-by-Step Instructions

Thank you for choosing Duke Health for your healthcare needs. Your provider ordered an upper endoscopy with pH capsule (EGD). A link to your procedure information is available at My Duke Health. Please review your procedure information to prepare for your procedure. Your stomach must be empty for this procedure. Due to your current health history or medicines, your provider has ordered a standard prep. Follow these preparation instructions to prepare for your EGD.

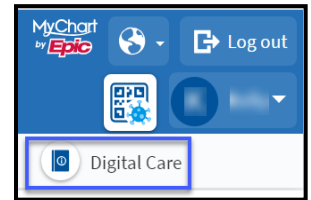


What is an Upper Endoscopy (EGD)? An upper endoscopy is a procedure that looks at your upper GI tract (esophagus, stomach, and duodenum). Your doctor will place a flexible tube into your mouth. The tube passes through your esophagus, stomach, and duodenum. Your provider may take biopsies during the EGD. You will receive IV sedation to help you sleep and stay comfortable during your procedure. If you have questions about your prep, procedure, or appointment, call Duke GI at (919) 684-6437.

What is a Wireless pH Capsule Test?

The pH Capsule test diagnoses acid reflux. This test measures the amount of stomach acid that moves into your swallowing tube (the esophagus). You will need to stop your acid reflux medicine for this procedure. During the EGD, your doctor will attach the capsule to your esophagus. The capsule is about the size of a vitamin. The capsule will record the acid level (pH) in the swallowing tube. The capsule sends the data to the recording device you will wear for two (2) to four (4) days. A few days after the test, the capsule will fall off. The capsule will pass in your bowel movement. The capsule is disposable and can be flushed down the toilet.

Planning for Your Procedures - Two (2) weeks before your procedures:



- Log into My Duke Health to review your procedure information. Select Digital Care for the link to the printed information.
- Read and follow these step-by-step instructions.
- Find a family member or friend who can drive you to your procedure, **stay with you**, and drive you home. Your driver needs to stay in the endoscopy department during your procedure. Your driver must be an adult over 18 with a valid driver's license. You cannot go home in a taxi, bus, or ride-share.
- Review your procedure location (address), date, and arrival time.
- Plan to be in the GI department for about four (4) hours for your procedure.
- You will receive IV sedation for your EGD. You cannot drive or work for 24 hours after sedation.
- Print these instructions and place them in a safe place, like on your refrigerator.

TWO (2) WEEKS Before Your Procedure

- Review the Special Medicine Information below (page 2).
- If you have diabetes, talk to your provider about your diabetes medicine.
- If you take medicine that thins your blood, ask your provider if you need to hold your medicine. (Examples Coumadin, Pradaxa, Eliquis, Xarelto, Plavix, Effient, or Brilinta).



SEVEN (7) DAYS Before Your Procedure

- Review the special medicine information before taking any acid reducing medicine.

FIVE (5) DAYS Before Your Procedure

- Stop taking Fish Oil supplements.

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ONE (1) DAY Before Your Procedure – When you Wake Up

- Eat your regular diet today.
- Stop eating all solid food at 12:00 am (midnight) until after your procedure. You can drink clear fluids.

The Day of Your Procedure – When You Wake Up

- Do not eat any solid food for the entire day. You cannot eat any solid food until after your procedure.
- Follow your provider’s instructions and take your medicines with water.
- FOUR** hours before your procedure time, STOP drinking all fluid.

SPECIAL MEDICINE INSTRUCTIONS

You must stop your acid blocker and acid neutralizing medicine before your procedure.

- Seven (7) days before your procedure, **stop taking** proton pump inhibitors.
Medicines: omeprazole (Prilosec®), lansoprazole (Prevacid®), rabeprazole (Aciphex®), pantoprazole (Protonix®), esomeprazole (Nexium®), dexlansoprazole (Dexilant®)
- Seven (7) days before your procedure, **you can take** over-the-counter H2 blockers. This will help with your acid reflux symptoms. Medicines: Zantac® 300 mg twice daily or Pepcid® 40 mg twice daily
- Two days (48 hours) before your procedure, **stop taking** the H2 blockers or pro-motility medicines. Medicines: ranitidine (Zantac®), cimetidine (Tagamet®), famotidine (Pepcid®), nizatidine (Axid®),, or metoclopramide (Reglan®).
- Two days (48 hours) before your procedure, **take only antacids**.
Medicines: TUMS® or Roloids® Alka-Seltzer®, Gaviscon®, Maalox®, Milk of Magnesia®, Mylanta®, Phillips®, Riopan®
- The night before your procedure, **stop taking** all antacids medicines.
- After your procedure:
 - **Do not** take any acid blocker or acid-neutralizing medicines for two days (48 hours)
 - Review your provider’s specific procedure discharge instructions.

Seven Days before your procedure STOP taking these medicines	Two Days before your procedure STOP taking these medicines	The night before your procedure STOP taking these medicines
omeprazole lansoprazole rabeprazole pantoprazole esomeprazole dexlansoprazole	ranitidine cimetidine famotidine nizatidine metoclopramide	TUMS Roloids Alka-Seltzer Gaviscon Maalox Milk of Magnesia Mylanta Riopan

Preparation Information and Frequently Asked Questions (FAQs)

If you have a Pacemaker or Internal Defibrillator: Bring your device information card to your anesthesia appointment and on the day of your procedure. Give the device card to your nurse when you check in for your procedure.

If you do not or cannot accept blood products in an emergency, please call The Duke Center for Blood Conservation at (919) 668-2467 one week before your procedure.

I am a diabetic. Should I take my diabetes medicines?

If you take insulin or have an insulin pump:

Contact your diabetes provider to ask if you need to adjust your insulin dose. Check your blood sugar on the day of your procedure.

I am a diabetic. Should I take my diabetes medicines?

If you take pills for diabetes but not insulin:

Do not take your diabetes medicine on the day of your procedure unless your provider tells you to continue this medicine. Check your blood sugar on the day of your procedure.

Can I drink alcohol, wine, or beer before my procedure?

Do not drink any alcohol the day before or the day of your procedure.

Clear Liquid Examples

All fluid must be light in color and not red or purple.

- Water
- Tea and black coffee without any milk, cream, flavor, non-dairy, or powdered creamer
- Flavored or coconut water without red or purple color
- Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth, including chicken, beef, or vegetable
- Sodas or Seltzer such as Mountain Dew®, Ginger-ale, Sun-drop®, or 7-Up®,
- Sports drinks such as Gatorade Zero®, Hydralyte®, Pedialyte®, Powerade Zero Sugar® or Propel®
- Popsicles without fruit or cream (no red or purple colors)
- Jell-O® or other gelatin without fruit (no red or purple colors)
- Boost® Breeze Tropical Juice drink

Post Procedure Information

Wireless capsule and monitoring information

- Your test will last 48 hours or 96 hours. Your doctor will give you this information.
- You may feel like you have something stuck in your chest. This feeling will go away when the capsule falls off. The capsule should fall off in 5 to 10 days, but it may take up to 30 days.
- A small percentage of patients may experience severe chest pain after placement of the capsule. You should contact your provider if this occurs.
- When the capsule falls off, it will pass out of your body through a bowel movement. Do not be alarmed if you see the capsule. It can be flushed down the toilet. The device turns off once disconnected from the recorder.

How do I manage my monitoring equipment?

- You **MUST** wear your recorder within 3 feet of your chest during testing. Please use the cord you were given. Do not put the recorder in your coat pocket or purse or set the recorder down.
- You may take a bath or shower during the test. Place the recorder in a Ziploc bag and put it in a safe, dry place near your shower or bath. **DO NOT GET THE RECORDER WET!**
- If the recorder beeps, it is out of range of the capsule, and the # 1 on the screen will disappear. If this happens, hold the recorder against your chest for 30 seconds. The recorder will recapture the signal and stop the beeping.
- The capsule and recorder talk to each other through Bluetooth technology. Please **turn off** your Bluetooth connections on mobile phones, smart devices, cars, and TVs. These devices may interfere with your test.
- **DO NOT** have an MRI in the next 30 days.

How do I use my recorder to document my activity and symptoms?

- Press the fork and knife button when you start and stop eating a MEAL. A light will flash when the recorder is recording the event.
- Press the bed button when you LIE DOWN and press the bed button again when you wake up or get up.
- Press the button symbol for the symptom you are having listed on the key below.
- A green light will flash, and you will hear a beep sound when your symptom is recorded.
- Your doctor may ask you to complete a diary.
- This recorder has a "SLEEP MODE." If this happens, press the symptom button twice to wake up the box and a second time to record your symptom.

What can I eat during my test?

- Continue your usual diet and lifestyle during the entire study.
- You should only drink water during your study. Avoid drinking wine and alcohol, soda, coffee, juices, or any other acidic beverages. These beverages can raise the acid levels in your swallowing tube.
- Avoid taking constant sips of any beverage. If you drink anything for an extended period of time, mark it as a meal.
- To prevent knocking the capsule off, take smaller bites of your food than usual and chew your food well.