



Naugatuck Valley
Gastroenterology
Consultants, LLC

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Bravo pH/Upper Endoscopy Preparation

Prior to your procedure, confirm that you can safely stop taking blood thinners (Coumadin, Plavix, Xarelto, Pradaxa, Eliquis) before your procedure.

Be certain that you take all heart and high blood pressure medication on the morning of the procedure (with a sip of water).

If you have a history of asthma or breathing problems, please use any inhalers as prescribed as well.

For diabetic patients, please follow the diabetic instruction sheet and **contact your doctor that manages your diabetes for the instructions regarding adjustment of your diabetes medication.**

You may be expected to stop your antacid medicines up to seven (7) days prior to the procedure and during the 48-hour testing period. Please confirm this with your doctor.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT

THE DAY OF YOUR PROCEDURE

DO NOT EAT OR DRINK ANYTHING ON THE MORNING OF THE EXAM

It is okay to take your morning medications (blood pressure and heart medications) with a sip of water.

If you are unsure about which medications are okay to take, please check with our office.

Because you received sedation, you cannot be discharged after the procedure unaccompanied - **an adult companion must be present to bring you home. If you do not have a companion, your procedure will be cancelled.**

The capsule transmits information to the receiver/recorder worn on your belt/waistband. You may take this receiver off to shower and sleep but **the recorder must stay within 3 feet of you during the entire testing period.**

You will be given a diary which a nurse/tech will give you instructions on how to complete. The test records acidity level from stomach into lower esophagus over a forty-eight (48) hour period after placement.

You must return the recorder and diary to our **Prospect office** between 8:30a – 4:30p.

Do not attempt to open the receiver.

You may call the office one week after to discuss the results.