

BRAVO™

REFLUX RECORDER PATIENT DIARY

Given Imaging

PATIENT INSTRUCTIONS

The purpose of this pH study is to monitor the frequency and duration of gastric reflux and how it is related to your symptoms during a normal day. To get the most accurate results, you must eat, drink, work, and exercise as you normally would. Please drink limited amounts between meals and do not sip over long periods. Do not chew gum or eat hard candy during the study. You can take a bath or shower, but do not get the recorder wet. **DO NOT** take any antacid or anti-reflux drugs during your study unless instructed to do so by your physician.

RECORDING EVENTS

Durational events are activities with beginning and end times. These durational events are meals and lying down. To record the start of a meal or lying down period, press any button to turn the back light on, then press the corresponding button on the recorder and write down the start time as displayed on the recorder, on the Patient Diary. At the end of the meal or lying down period, press any button to turn the back light on, then press the corresponding button on the recorder again and write down the end time as displayed on the recorder and next to the start time entered earlier. Record a meal every

time you eat or drink something other than water. Record a lying down period whenever you lie down or recline less than 45 degrees.

RECORDING SYMPTOMS

Possible symptoms may include heartburn, regurgitation, and chest pain. To record a symptom event, press any button to turn the back light on, then press the appropriate symptom button on the recorder then write down the time as displayed on the recorder, on the patient diary. It is not necessary to continuously press the symptom button and write down the corresponding times for the same symptom event.

RECORDING MEDICATIONS

If your physician has instructed you to take your acid suppression medications during the study, you will write down the time as displayed on the recorder, on the Patient Diary.

IF YOU HAVE ANY QUESTIONS

OR ENCOUNTER TECHNICAL ISSUES DURING YOUR STUDY,

CALL _____

AT _____

PATIENT NAME/ID: _____

RETURN RECORDER ON: _____

AT: ____:____ HH:MM

☐ **DO** ☐ **DO NOT TAKE ACID SUPPRESSION**
MEDICATION: _____

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DOC-4041-01

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Do Not have an MRI during or after this test for 30 days.

USING THE BUTTONS

- All button functions are active ONLY when backlight is ON. If backlight is OFF, pressing any of the enabled recorder buttons will turn the backlight ON. Then, pressing the desired button will record the chosen event.
- Press the appropriate symptom button once for each symptom (heartburn, regurgitation, chest pain).
- Press the supine button  once when lying down or reclined less than 45 degrees, the button LED will remain illuminated until the button is pressed upon getting up.
- Press the meal button  once at the start of the meal, the button LED will remain illuminated until the button is pressed again at end of the meal. Record a meal every time you eat or drink something other than water.
- The green indicator light turns on for 3 seconds and a beep is heard (if the audio alert feature is turned on). This tells you that the symptom was recorded.

USING THE DIARY

- Record start time of symptoms (heartburn, regurgitation, chest pain, cough, belch, and other) on the patient diary using the time on the recorder's display. (Example: Heartburn 14:18)
- Record start and end time of events (meals and lying down) on the patient diary using the times on the recorder's display. (Example: Meal 13:05 - 13:45, Lying Down 21:39 - 7:07)
- If your physician has instructed you to take your acid suppression medications during the study, record the name of your acid suppression medication and the exact times when you take your medication. (Example: Medication 13:45)
- Remember to write down the times as displayed on the recorder

RECORDER OUT OF RANGE

If the Bravo reflux recorder is too far away from the Bravo reflux capsule and reception is weak, the receiver will beep for 30 seconds and the icon  or  disappears from the screen. Move the recorder closer to you until the beeping stops and  or  reappears on the display.

RECORDER PLACEMENT WHEN LYING DOWN

You may remove the Bravo reflux recorder when lying down or you may leave it on you. If you choose to remove it, place it on a stable surface within arm's length of your chest with the display facing up and the symptom buttons facing towards you.

BUTTON	ACTIVITY
	Eating or Drinking (Start and End)
	Chest Pain
	Regurgitation
	Heartburn
	Lying Down (Start and End)

SAMPLE DIARY

START TIME HH:MM	END TIME HH:MM	 MEAL	 LYING DOWN	 CHEST PAIN	 REGURGITATION	 HEARTBURN	COUGH	BELCH	OTHER	MEDICATIONS	COMMENTS/STOMACH ACID MEDICATION
13:05	13:45	X									Dinner
13:45										X	Omeprazole 20 mg
14:18				X							
15:16	15:20	X									Soda
21:39	7:07		X								

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RECORDED # _____

BRAVO CAPSULE PLACED AT _____ cm

END TIME: _____

[illegible]

All button functions are active only when backlight is ON. If OFF, pressing any of the enabled recorder buttons will first turn backlight ON and no function will be activated. Pressing the desired button when the backlight is ON will activate the desired function.

****ONE SYMPTOM PER LINE, WRITE DOWN START TIME ONLY.**