



# BRAVO™ pH Study

## Patient Information Handout

### What is a BRAVO™ pH Study?

The BRAVO™ pH study is a test that measures how much acid reflux you have over a period of 48–96 hours. It helps your provider determine whether stomach acid is causing symptoms such as heartburn, chest pain, regurgitation, chronic cough, hoarseness, throat irritation, or symptoms that do not respond to reflux medication. The test is commonly used to evaluate gastroesophageal reflux disease (GERD).

### How Does the BRAVO™ pH Study Work?

During an upper endoscopy, a small capsule (about the size of a gel cap) is temporarily attached to the lining of your esophagus. The capsule measures acid levels (pH) and wirelessly sends data to a small recorder you wear. You will go about your normal daily activities at home. There are no tubes coming out of your nose or throat.

### How Long Does the Test Last?

The test typically lasts 48 hours, though in some cases it may continue for up to 96 hours. The capsule naturally falls off on its own and passes through your digestive tract. You will not feel it pass.

### What Happens During the Procedure?

- You will have an upper endoscopy (EGD)
- You will receive sedation
- The BRAVO™ capsule is attached to your esophagus
- You will be given a portable receiver to carry with you

The procedure itself usually takes less than 15 minutes.

### What Should I Do During the Test?

- Eat your normal meals
- Continue your usual activities
- Avoid getting the recorder wet
- Keep the recorder within 3 feet of your body
- Press the buttons on the recorder to log meals, symptoms, and when you lie down or sleep

Your provider will review this information along with the acid data.

## **Medications**

Your provider will tell you whether to stop or continue acid-reducing medications before the test. Common medications that may be held include proton pump inhibitors (PPIs), H2 blockers, and antacids. Do not stop any medication unless instructed.

## **What Might I Feel Afterward?**

Most patients feel little to no discomfort. Possible sensations include mild chest pressure or a temporary feeling that something is stuck when swallowing. Severe pain is not normal and should be reported.

## **Are There Any Risks?**

The BRAVO™ pH study is very safe. Rare risks include chest discomfort, the capsule not detaching (very uncommon), or minor bleeding or irritation. MRI scans should be avoided for 30 days after capsule placement unless your provider clears it.

## **When Will I Get Results?**

Once the recorder is returned, the data is downloaded and analyzed. Your provider will review acid exposure and symptoms. Results are typically available within 1–2 weeks.

## **Why Is This Test Important?**

The BRAVO™ pH study helps determine whether acid reflux is causing your symptoms, how severe reflux is, whether medications are effective, and whether further treatment or surgery may be helpful.

## **When Should I Call My Provider?**

- Severe or worsening chest pain
- Trouble swallowing that does not improve
- Fever
- Vomiting blood
- Black stools

If you have questions before or after your BRAVO™ pH study, contact your gastroenterology office.