

BRAVO pH Patient Diary Instructions

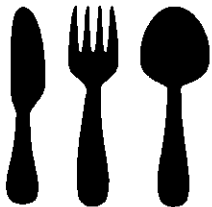
The BRAVO pH monitor records the frequency and duration of esophageal reflux during a normal day.

- *Do not take antacids unless specifically instructed by your physician.
- *Eat and drink as you normally would. Please avoid constant sipping on water, as this may affect the accuracy of the study.
- *Keep the receiver within 3 feet of your body. If it is out of range it will beep. If this happens, hold the receiver close to your chest until the beeping stops.
- *Do not allow the receiver to become wet or sustain any heavy impact.

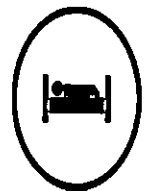
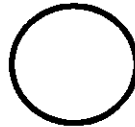
Receiver use: There are 5 icons on the monitor. It will record when you eat, sleep, and experience symptoms. Press the appropriate button that corresponds to the symptom you are experiencing.

-Prior to meals or snacks, press the "eat" button. The green light should blink intermittently. When done eating, simply press the button again. There is no need to keep a written food diary.

-When lying down, press the "sleep" button. Again, the green light should blink intermittently until the button is pressed again.



Eat



Sleep

Additional information:

*You may feel the BRAVO capsule in the middle of your chest when you swallow. This is a normal sensation. It is recommended that you chew your food thoroughly and drink fluids with your meal to minimize the sensation.

*The BRAVO capsule will spontaneously come off and pass out of your system in 5-7 days.

*You are restricted from undergoing Magnetic Resonance Imaging (MRI) studies within 30 days following a BRAVO procedure.

*Staff is here 24/7, including holidays and weekends to receive your BRAVO monitor. If you have any questions or problems during the test, please call the Manhattan Surgical Hospital at (785) 776-5100.

*Return the receiver to the Manhattan Surgical Hospital on _____. It is vital that the receiver be returned in a timely manner, as we have a limited number of monitors for use with other patients.

*BRAVO receiver issued: SN _____.