Bravo® Studies (Wireless pH monitoring)

This leaflet explains more about Bravo® Studies (Wireless pH monitoring), including the benefits, risks and any alternatives and what you can expect when you come to hospital

If you have any further questions, please speak to a doctor or nurse caring for you.

What is Bravo® Studies?

Bravo® studies is a form of pH monitoring using wireless technology. A capsule is attached to the lining of the oesophagus (gullet) and measures the pH (acid) of the oesophagus. It transmits this information to a recording device worn by the person being tested. The capsule monitors the pH of the oesophagus for 48-96 hours.

Why should I have Bravo® Studies?

The benefits of these investigations help the doctor to correctly diagnose your problem. This can help to determine the correct treatment plan for you. This test is most beneficial for patients who are unable to tolerate conventional pH monitoring using a tube and those that need an extended monitoring period.

What are the risks?

The risks associated with this test are early detachment of the capsule, discomfort during insertion, failure to attach, bleeding to the lining of the oesophagus, capsule retention and perforation. Patients suffering from a nickel allergy should not undertake this procedure. Please inform the endoscopy administrative staff if this is the case.

Are there any alternatives?

The alternative available is 24-hour pH monitoring. This involves the insertion of a tube into the oesophagus via the nose however this is generally offered before consideration of Bravo Studies.

How can I prepare for the test?

You should arrive at the Endoscopy reception at your appointment time. You should not eat anything for 6 hours before the test and do not drink anything 4 hours before the test. Please stop all acid suppression therapy (omeprazole, lansoprazole, pantoprazole, esomeprazole and famotidine) **one week before**. You may take Gaviscon up until 24 hours before the test.

Asking for your consent

It is important that you feel involved in decisions about your care. For this investigation we take written consent. You will be asked to sign a consent form to say that you agree to have the investigation and understand what it involves. You can withdraw your consent at any time, even if you have said 'yes' previously. If you would like more details about our consent process, please ask for a copy of our policy.

What happens during the test?

If a patient has decided to have sedation this will be administered first. This will make you feel sleepy and drowsy. Some patients may opt for the local anaesthetic spray instead. Once safe to do so the Bravo® capsule will be attached to the oesophageal wall using a suction device. It constantly measures the pH (acid) of the oesophagus and wirelessly sends this information to a recorder which is attached around your waist. The procedure takes 15 minutes to insert.

Will I feel any pain?

It is likely you may experience some discomfort whilst the capsule is attached. Some experience the sensation of 'something' in the gullet as they eat.

What happens after test?

Once the monitoring period is finished, you should return the recording device to the Endoscopy reception so we can upload your study. If you decide to have sedation you will not be able to drive for 24 hours after the test and will need to arrange someone to pick you up and stay with you at home for 24 hours.

What do I need to do after I go home?

During the monitoring period you should record any symptoms you have on the form provided in your appointment. This helps us understand if your symptoms are related to your reflux. We encourage you to go about your normal daily activities. The capsule will detach itself automatically and then passes through your system when you open your bowels. You should not take any acid suppressing medication during the monitoring period.

Will I have a follow-up appointment?

You will have a follow up appointment scheduled with your referring consultant who will go through the results with you.

Keeping you safe during COVID-19

It is our priority to keep patients and staff safe during the COVID-19 pandemic. Please be reassured that we are taking every precaution to reduce the risk of COVID-19 transmission during your appointment. As a result, your appointment may take slightly longer or be delayed to give staff sufficient time to ensure safe practice is achieved.

Useful addresses

Endoscopy department
St. James Wing, 1st Floor
St. George's Hospital
Blackshaw Road
Tooting
SW17 0QT

Useful sources of information

- **Patient Care Society for Gastroenterology - 01865 226 757** - www.pcsg.org.uk
- **Oesophageal Patients Association** – www.opa.org
- **Living With Reflux (Community Support Group) –** www.livingwithreflux.org

Contact us

If you have any questions or concerns, please email us using giphysiologyqueries@stgeorges.nhs.uk , which is regularly checked. Alternatively, please contact Dr Jamal Hayat's secretary on 020 8725 3569 (Monday to Friday, 9am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).
Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.
Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.
Tel: 111