

# Northern New Mexico Gastroenterology Associates, PA

## Bravo pH Study

By scheduling this procedure, you have reserved the procedure room, the staff and the physician. If you need to cancel your appointment please call 505-983-5631 to cancel your appointment at least 3 business days prior to the appointment. If you fail to cancel your appointment within the allotted time frame you will be charged a \$100 fee that is not covered by your insurance.

## Billing Notice:

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You will receive multiple billings for services rendered associated with your procedure. The service categories are as follows:

1. **Physician Fee:** Northern New Mexico Gastroenterology Associates.
2. **Facility & Anesthesia Fee:** Christus St. Vincent Regional Medical Center.

If you have questions about your benefits & coverage, please contact your insurance carrier.

## What is Bravo pH Study?

The Bravo pH monitoring procedure is catheter-free so you are free to move about as long as you stay within three feet or approximately one meter of the recorder. You can bathe and get a restful night's sleep because you can place the recorder outside the shower or

on your nightstand, and the test will not be interrupted. This test also allows for evaluation of acid reflux and symptoms both on or off reflux medication, depending on your doctor's recommendation.

## HOW IT WORKS

After administering a local anesthesia, your doctor will place a Bravo capsule into your esophagus using a delivery device. The test involves a miniature pH capsule, approximately the size of a gelcap, which is temporarily attached to the wall of your esophagus. Throughout the test period, the Bravo pH capsule will measure the pH in the esophagus and transmit this information to a small recorder worn on your belt or waistband just like a mobile phone. Once the Bravo capsule has been placed and you have been instructed how to use the recorder, you can leave the doctor's office and go about your normal activities. Once the test has been completed, you will need to return the recorder to your doctor and the test data will then be uploaded to a computer. The information will be analyzed by your doctor to diagnose your condition.

## AFTER THE TEST

The capsule takes only moments to place in the esophagus. Then, the test period lasts 48 to 96 hours, depending on what your doctor requests. The test is catheter-free (meaning no tube or wire remains in your nose or mouth) after placement of the capsule. Some patients say they have a vague sensation that "something" is in their **esophagus**. Some patients say they feel the capsule when they eat or when food passes the capsule. Should you experience this, chewing food carefully and drinking liquids may minimize this sensation. Your doctor will instruct you how to use the recorder and when to return the

equipment. You will be given a diary to write down the times when you have reflux symptoms (coughing, heartburn, regurgitation), when you eat and when you lie down.

## WILL THE TEST RESTRICT MY DIET AND ACTIVITIES?

No. One of the added benefits of the capsule is that it is so small that you may eat normally and go about your daily routine.

## WHAT HAPPENS AFTER THE TEST?

After the test is complete, the disposable capsule falls off the wall of the esophagus and passes naturally with your bowel movement through your digestive tract. The data captured on the recorder during the procedure will be downloaded to a computer and your doctor will view the test results.

## PREPARATION FOR THE PROCEDURE

- If you are on PPI, H2 Blockers or take Antacids, you must call your prescribing Physician for instructions in advance.
- Please refrain from eating and drinking after midnight before your test.

## Sign Up for NNMGA Patient Portal.

You can request appointments, check your results, send your physician a message & update your medical record. For access call 505-983-5631

For more information about our providers & instructions go to:

[www.nnmgaastro.com](http://www.nnmgaastro.com)

Your procedure is scheduled at:

# Christus St. Vincent Regional Medical Center's Digestive Health Center

455 St. Michael's Drive  
Santa Fe, NM 87505

If you have questions  
about preparing for  
this procedure, please  
call:

**505-913-5368**

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- Arrive 45 minutes early to your scheduled appointment with your DRIVER.
- Report to Central Registration on the 2nd floor of Hospital