



PATIENT & CAREGIVER EDUCATION

# About Your Bravo Capsule Test

This information will help you get ready for your Bravo Capsule Test at Memorial Sloan Kettering (MSK).

The 48-hour (2 day) Bravo Capsule test checks the amount of acid that comes back into your esophagus from your stomach. When this happens, it is called acid reflux. The esophagus is the tube that carries food and liquids from your mouth to your stomach (see Figure 1).

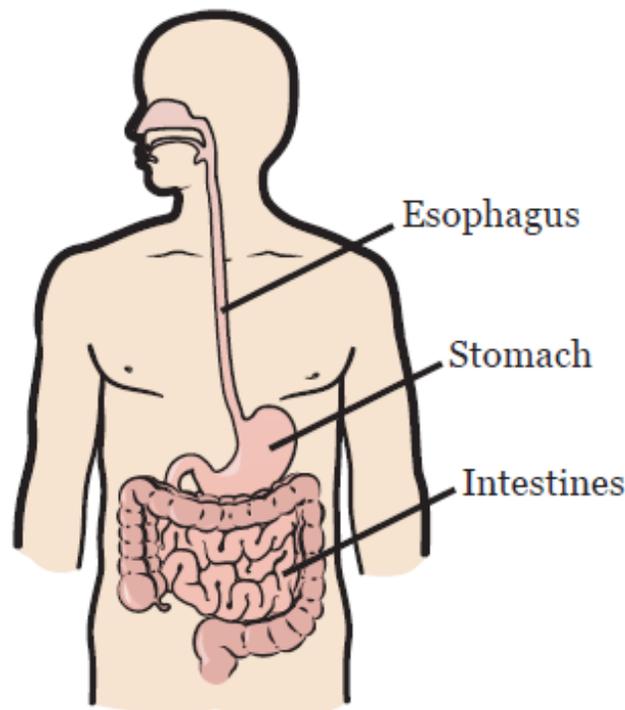


Figure 1. Your digestive system

Your Bravo Capsule test can tell your healthcare provider how much acid reflux you have. It can also tell the length of time you experience it. Your care team will get this information as you go about your normal activities. This procedure is also used to determine if you have gastroesophageal reflux disease (GERD).

You will have your Bravo Capsule test during an upper endoscopy procedure. Your healthcare provider will use a flexible tube called an endoscope to see the inside of your esophagus on a video monitor. A small capsule will be placed temporarily on the wall of your esophagus. The capsule will measure the amount of acid reflux you have. This information will then be sent to a receiver that you will wear on your waistband or belt.

## **Before Your Procedure**

### **Ask about your medications**

You may need to stop taking some of your medications before your procedure. Talk with your healthcare provider about which medications you should stop taking. Some common examples are:

- Proton pump inhibitors, such as rabeprazole (Aciphex®), omeprazole (Prilosec®), lansoprazole (Prevacid®), pantoprazole (Protonix®), and esomeprazole (Nexium®)
- Histamine<sub>2</sub> blockers, such as nizatidine (Axid®), famotidine (Pepcid®), cimetidine (Tagamet®), and ranitidine (Zantac®)

### **Medications for diabetes**

If you take insulin or other medications for diabetes, ask the healthcare provider who prescribes your medication what you should do the morning of your procedure. You may need to change the dose before your procedure.

### **Get a letter from your healthcare provider, if necessary**

If you have an automated implanted cardioverter-defibrillator (AICD), you will need to get a clearance letter from your cardiologist (heart doctor) before your procedure.

## **Arrange for someone to take you home**

You must have a responsible care partner take you home after your procedure. A responsible care partner is someone who can help you get home safely. They should be able to contact your care team if they have any concerns. Make sure to plan this before the day of your procedure.

If you don't have a responsible care partner to take you home, call one of the agencies below. They'll send someone to go home with you. There's a charge for this service, and you'll need to provide transportation. It's OK to use a taxi or car service, but you still need a responsible care partner with you.

### **Agencies in New York**

VNS Health: 888-735-8913

Caring People: 877-227-4649

### **Agencies in New Jersey**

Caring People: 877-227-4649

## **3 Days Before Your Procedure**

### **Talk with your endoscopy nurse**

Your endoscopy nurse will call you 3 days before your procedure. They will review the instructions in this resource with you and ask you questions about your medical history. Your nurse will also review your medications and tell you which to take the morning of your procedure.

## **The Day Before Your Procedure**

### **Note the time of your procedure**

A staff member from the Admitting Office will call you after 2:00 p.m. the day before your procedure. They will tell you what time you should arrive at the hospital for your procedure. If your procedure is scheduled for a Monday, you will be called on the Friday before. If you don't get a call by 7:00 p.m., call 212-639-5014.

If you need to cancel your procedure for any reason, call the healthcare provider who scheduled it for you.

## Instructions for eating and drinking: 8 hours before your arrival time



- **Stop eating 8 hours before your arrival time, if you have not already.**
  - Your healthcare provider may tell you to stop eating earlier. If they do, follow their instructions.
- 8 hours before your arrival time, do not eat or drink anything except these clear liquids:
  - Water.
  - Soda.
  - Clear juices, such as lemonade, apple, and cranberry juices. Do not drink orange juice or juices with pulp.
  - Black coffee or tea (without any type of milk or creamer).
  - Sports drinks, such as Gatorade®.
  - Gelatin, such as Jell-O®.

You can keep having these until 2 hours before your arrival time.

## Instructions for drinking: 2 hours before your arrival time



**Stop drinking 2 hours before your arrival time.** This includes water.

## The Day of Your Procedure

## Things to remember

- Take the medications you were instructed to take the morning of your procedure with a few sips of water.
- Remove all jewelry, including body piercings. The equipment used during your procedure can cause burns if it touches metal.
- Don't put on any lotion, cream, deodorant, makeup, powder, cologne, or perfume.
- Leave all valuables, such as credit cards, jewelry, and your checkbook, at home.
- If you wear contacts, wear your glasses instead.

## What to bring with you

- A list of all the medications you take at home, including the dose.
- Your rescue inhaler (such as albuterol for asthma), if you have one.
- A case for your glasses.
- Your Health Care Proxy form, if you have completed one.

## Where to park

MSK's parking garage is located on East 66<sup>th</sup> Street between York and First Avenues. If you have questions about prices, call 212-639-2338.

To reach the garage, turn onto East 66<sup>th</sup> Street from York Avenue. The garage is located about a quarter of a block in from York Avenue, on the right-hand (north) side of the street. There's a tunnel that you can walk through that connects the garage to the hospital.

There are also other garages located on East 69<sup>th</sup> Street between First and Second Avenues, East 67<sup>th</sup> Street between York and First Avenues, and East 65<sup>th</sup> Street between First and Second Avenues.

Paid valet parking is available at the David H. Koch Center for Cancer Care.

## Where to go

Your procedure will take place at one of these locations:

### **David H. Koch Center**

530 East 74<sup>th</sup> Street  
New York, NY 10021

Take the elevator to the 8<sup>th</sup> floor.

### **Endoscopy Suite at Memorial Hospital (MSK's main hospital)**

1275 York Avenue (between East 67<sup>th</sup> and East 68<sup>th</sup> Streets)  
New York, NY 10065

Take the B elevator to the 2<sup>nd</sup> floor. Turn right and enter the Endoscopy/Surgical Day Hospital Suite through the glass doors.

## What to expect

Once you arrive at the hospital, doctors, nurses, and other staff members will ask you to state and spell your name and date of birth many times. This is for your safety. People with the same or similar names may be having procedures on the same day.

After changing into a hospital gown, you will meet your nurse. They will place an intravenous (IV) catheter into a vein, usually in your hand or arm. At first, you will receive fluids through the IV, but it will be used later to give you anesthesia (medication to make you sleepy). Your nurse will also check your heart rate, breathing, and blood pressure.

Your healthcare provider will explain the procedure, and answer any questions you have. They will also ask you to sign a consent form stating that you agree to the procedure.

When it's time for your procedure, you will be taken to the procedure room and helped onto an exam table. You will receive anesthesia through your IV, which will make you fall asleep. You will have sensors (electrodes) attached to your skin, nose, and arm to monitor your heart, breathing, and blood

pressure. You will also receive oxygen through your nose. Once you're asleep, your healthcare provider will place the capsule into your esophagus.

## **After Your Procedure**

### **In the recovery room**

You will wake up in the recovery room. Your nurse will continue to monitor your heart rate, breathing, and blood pressure. Once you're fully awake, your nurse will remove your IV.

You will get a receiver to wear on your waistband or belt. This receiver shows how much acid reflux you have, which is measured by the capsule placed in your esophagus. You will also get a diary to fill out for 2 days. Your nurse will explain your discharge instructions to you and your caregiver before you go home.

### **At home**

For 48 hours (2 days) after your procedure, make sure you record the following in your diary:

- All the symptoms you have, such as coughing, heartburn, and burping food into your mouth
- All the medications you take
- Everything you eat and drink
- The time you eat and drink
- When you lie down

It's important that you eat, drink, work, and exercise as you normally would.

**Avoid the following because they will affect your test results:**

- Foods high in acid, such as coffee, orange juice, cranberry juice, and soda
- Gum and throat lozenges
- Snacking between meals

Keep the receiver on your waistband or belt at all times. When you shower, keep the receiver within 3 feet (about 1 meter) of your body in the bathroom. If it's too far away, it will beep. Don't let the receiver get wet.

You may have some discomfort in your chest after your procedure. You can take acetaminophen (Tylenol®) to relieve this discomfort.

The capsule will pass through your system and come out during a bowel movement, but you might not see it.



**Do not have magnetic resonance imaging (MRI) for 30 days after your capsule is placed.**

### **Follow-up**

You must return the receiver and your diary to your healthcare provider during your follow-up appointment. Your visit will be 48 hours after your procedure.

## **Call Your Healthcare Provider if You Have:**

- A fever of 101 °F (38.3 °C) or higher
- Severe or constant stomach pain, hardness, or bloating
- Severe or constant pain in your chest
- Trouble swallowing
- Nausea (feeling like you're going to throw up) or vomiting (throwing up)
- Severe or constant bleeding from your nose
- Any unexplained or unexpected problems

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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