

Appointment Date: _____ Arrival Time: _____ Procedure Time: _____ Physician: _____

**Plan to spend 1 hour in the GI Lab

- Location
- 259 E Erie St, **Lavin** Pavilion,
16th floor, Chicago, IL
- 675 N Saint Clair St, **Galter** Pavilion,
4th floor, Chicago, IL

Insurance Codes:

Procedure Code (CPT): _____

Diagnosis Code (ICD 10): _____

Welcome

Northwestern Medicine Memorial Hospital strives for your experience with Endoscopy Services and the hospital to be excellent. Your safety and comfort are our primary concern and we want your stay to be an exceptional experience.

Appointment Information

You will receive an arrival time for your test. Please be aware that your test may be delayed due to unforeseen circumstances.

Please keep your original appointment. If you need to re-schedule your procedure, you MUST give at least a 7-day notice.

For scheduling related matters, please call: 312.695.5620

For clinical concerns/questions, please call: 312.695.5620

Transportation and Parking

Due to the lingering effects of the sedation, you **MUST** have a trusted and capable adult accompany you home at the time of discharge. You cannot take a Taxi, Uber or public transportation by yourself. Your procedure will be cancelled if you do not have an escort arranged.

You will NOT be able to return to work after the procedure.

Parking for the Lavin location is available within the Lavin building located at 259 E. Erie Street, which is accessible from both Erie and Ontario streets. Bring your parking ticket to the GI lab for validation to receive a discount on your parking deck fee. Valet parking is available.

Parking for the Galter Pavilion is located at 222 E. Huron Street. Use second floor bridge to access Galter Pavilion.

For more information on our parking garage locations, parking deck fees, and a map, please visit www.nm.org.

Contraindications

PLEASE INFORM YOUR CLINICIAN IF YOU HAVE ANY OF THE FOLLOWING:

- Bleeding issues or taking a prescription blood thinner other than aspirin (aspirin is okay to continue)
- Strictures, severe esophagitis, varices or obstructions
- Pacemakers or implantable cardiac defibrillators
- You should not undergo an MRI for 6 months because the capsule contains a small magnet. (An x-ray can be obtained if an urgent MRI is needed)

About your test

The purpose of this test is to analyze the amount of acid exposure that comes into your esophagus during a 96-hour period. At the time of your upper endoscopy, your physician will examine your esophagus, stomach, and duodenum with a flexible video endoscope. During the procedure, you are sedated to help you relax. If there are signs in your esophagus from inflammation due to acid, the Bravo procedure will be canceled. If your esophagus looks normal, your physician will attach the capsule to the lining of the esophagus while you are still sedated. The capsule will remain in the esophagus, transmitting its information to a portable digital data recorder. Some people may feel a slight yet tolerable sensation while the capsule is attached to the esophagus. After a few days, the capsule should fall off and pass eventually through your stomach.

<u><i>Timeline</i></u>	<u><i>Procedure Preparation</i></u>
7 DAYS BEFORE THE PROCEDURE	<ul style="list-style-type: none"> ➤ Please stop taking your PPI (proton pump inhibitor) medication 7 days prior to the test. PPIs include Prilosec (omeprazole), Prevacid (lansoprazole), Delixant (dexlansoprazole), Achiphex (rabeprazole), Protonix (pantoprazole), Nexium (esomeprazole), and Zegerid.
3 DAYS BEFORE THE PROCEDURE	<ul style="list-style-type: none"> ➤ Please contact your insurance company to verify coverage and if you will have any out of pocket costs, or precertification requirements. Please see the insurance/billing handout for more information on billing, coding, and potential out-of-pocket costs. ➤ If needed, you may take an H2 blocker (Pepcid, famotidine, Zantac, ranitidine) up until 3 days before the test.
THE DAY BEFORE THE PROCEDURE	<ul style="list-style-type: none"> ➤ If you develop any moderate to severe cold symptoms (cough, sore throat, runny nose, etc.), a fever, new cut or wounds, or experience any other changes in your health before your procedure, please contact your physician’s office. ➤ You can take Tums up until the evening before your procedure. <p><u>Diet Instructions:</u></p> <ul style="list-style-type: none"> ➤ Do not eat anything including gum, mints, tobacco, cough drops, or smoke any substance (i.e. tobacco, vape, marijuana) after midnight. ➤ After midnight, you may have plain water, black coffee/tea (no milk or creamer may be added, however, sugar and artificial sweeteners are permitted), apple juice, or Gatorade up to 2 hours prior to your scheduled arrival time. All other beverages/drinks are to be avoided after midnight.
THE DAY OF YOUR	<ul style="list-style-type: none"> ➤ Call your testing center if you cannot arrive at your scheduled time at 312.926.2425. ➤ Bring a photo ID and insurance card.

BRAVO PREPARATION GUIDELINES

GENERAL

- **During the Bravo Test**
 - Do not get the recorder wet or damaged
 - You may otherwise maintain your normal activity and diet during the test
 - You will be instructed to keep a diary indicating when you are eating, laying down and when your symptoms occur.
 - Once the study is complete, you will return the recorder and diary to the 16th floor of the Lavin Pavilion.
- **After the Bravo Test**
 - When you have finished this test, you may resume normal activities.
 - Some people may feel a slight yet tolerable sensation while the capsule is attached to the esophagus, but this should resolve after the capsule falls off the esophagus.
 - Your results will be available approximately 7 business days after your procedure. If you do not receive your results via telephone or MyChart within 7 business days, please call your doctor's office.

MEDICATIONS

- Please stop taking your PPI (proton pump inhibitor) medication 7 days prior to the test.
 - If needed, you may take an H2 blocker (Pepcid, famotidine, Zantac, ranitidine) up until 3 days before the test.
 - You can take Tums up until the evening before your procedure.
- You may take your other normal medications up until 2 hours prior to arrival time.

CONTACT INFORMATION

Please review this document and the FAQ section before calling our office with questions as your question may be answered from within this document.

Clinic	312.695.5620
Procedure Scheduling	312.695.5620
Pre-Certification	312.926.4645
Billing	844.669.2455
Financial counseling/price estimates	312.926.6906
Hospital	312.926.9000
Medical Records	312.926.3376
Digestive Health Fax	312.695.7095
	dhc.nm.org