

Patient Name: \_\_\_\_\_

Study start date: \_\_\_\_\_

Recorder Number: \_\_\_\_\_

Recorder must be returned by \_\_\_\_\_ on  
\_\_\_\_\_ at the latest

## Bravo pH patient Diary

(adapted from material supplied by Given Imaging)

*Please read the following instructions carefully prior to commencing the study*

The purpose of this pH study is to monitor the frequency and duration of gastric reflux during a normal day.

To get the most accurate results you must eat, drink, work and exercise as you normally would.

**Do not take any antacid or anti-reflux drugs during your study** (eg. Gaviscon, Mylanta, etc.).

Proton-pump inhibitors (eg. Nexium, Somac, Pariet, etc.) should be stopped 2 weeks prior to your procedure.




There are 2 ways to record an 'event' (i.e. an activity or symptom), manually in this diary and electronically on the monitor.

**Our recommendation is that you record every event electronically but if you miss recording an event or are unsure if you have recorded an event correctly that you manually record it in this diary.**

If you decide to record events differently (eg. record everything manually instead of or as well as recording everything electronically) then please let us know when you drop the recorder back to us.

The recorder will go to 'sleep' when not in use. **If the back light is OFF you must first 'wake' the recorder before you can record anything. Press any button to turn the back light ON and 'wake' the recorder.** You can then press the desired function button to record the event. (The event will not be recorded if the back light is off)

*To record an event electronically on the monitor:*

-  = Chest Pain
-  = Regurgitation
-  = Heartburn

Press the appropriate button once for each individual event.

Please note that if you are unsure which symptom you are experiencing the main thing is that you record a symptom so just press whichever you think is closest to what you are experiencing.

The green indicator light turns on for 3 seconds and a beep is heard. This tells you that the symptom was recorded.

### **To record a meal:**

Press the meal button (the knife and fork) once at the start of the meal and once at the end of the meal. (In between this – i.e. while you are eating – the LED will blink until you press the button again when you finish eating). Please ensure that you chew food well to ensure the capsule is not misplaced by a large chunk of food.

