

Patient Name:	
Study start date:	
Recorder Number:	
Recorder must be returned by o	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.

## To record lying down:

Press the sleep button (the bed) once when you first lie down and once again when you get up. (Again in between this – i.e. while you are lying down – the LED will blink until you press the button again when you finish lying down)

While lying down you may place on a stable surface within arm's length of your chest. Ensure the display is facing up and the buttons facing toward you. You may need to press a symptom button while you are lying down.

If the recorder is out of range (too far away from you and therefore the Bravo capsule) it will beep for 30 seconds. Move the recorder closer to you until the beep stops.

Manually record activities and symptoms below (referring to the time displayed on the recorder):

Activities							
	Date	Meal Start	Meal End	Lying down start	Lying down end		
Time of							
Activity							
(use the							
time on							
the							
recorder)							

	Symptoms							
	Date	Time of symptom	Time of symptom	Time of symptom	Other (provide further details)			
		Chest Pain	Regurgitation	Heartburn				
Time of								
Symptom								
(use the								
time on the								
recorder)								