

BRAVO- PATIENT DIARY

IF YOU HAVE ANY QUESTIONS OR TECHNICAL ISSUES DURING THE STUDY:

CALL: AT: 02072883812/02072883819

Patient name and hospital number:

PLEASE RETURN YOUR DIARY AND THE RECORDER ON: DATE/TIME:

AT DAY TREATMENT CENTRE RECEPTION, LEVEL 3 WHITTINGTON HOSPITAL

DO DO NOT TAKE THIS MEDICATION DURING YOUR STUDY:



Instructions

The purpose of this study is to monitor the frequency and duration of reflux and how it's related to your symptoms. To get the most accurate results you must eat, drink, work and exercise and you normally would. Please drink limited amounts between meals and do not sip over long periods. Do not chew gum or eat hard candy during the study. **Do not take any antacid medication during the study unless you are instructed to do so by your physician.**



Recording events

You need to record durational events; these durational events are meals and lying down.

To record the start of a meal or lying down period:

- Press any button to turn the back light on
- Press  to record start of lying period, press  to record start of meal period
- Write down the start time as displayed on the recorder on the patient diary

To record the end of a meal or lying down period:

- Press any button to turn the back light on
- Press  to record end of lying period, press  to record end of meal period
- Write down the end time as displaced on the recorder on the patient diary next to the start time entered earlier

YOU MUST RECORD A MEAL EVERY TIME YOU EAT OR DRINK SOMETHING OTHER THAN WATER AND RECORD A LYING PERIOD WHENEVER YOU LIE DOWN OR RECLINE LESS THAN 45 DEGREES.

Recording symptoms

Possible symptoms may include heartburn, regurgitation and chest pain.

To record a symptom:

- Press any button on the recorder to turn the back light on
- Press the appropriate symptom button on the recorder - it is not necessary to continuously press the symptom button. The green indicator light turns on for 3 seconds and a beep is heard (if the audio alert feature is turned on). This tells you that the symptom was recorded.

These are the buttons to record symptoms:



- Write down the time as displayed on the recorder on the patient diary.

Recording medications

If your doctor/nurse has instructed you to take your antacid medications during the study, write down the time as displayed on the recorder on the patient diary.

Recorder out of range

If the bravo recorder is too far away from the capsule and the reception is weak, the receiver will beep for 30 seconds and the icon ¹ or ² disappears from the screen. Move the recorder closer to you until the beeping stops and ¹ or ² reappears on the display.

You can take a bath or shower, **but do not get the recorder wet, leave the recorder outside of the shower.**

Recorder placement when lying down

You can remove your recorder when lying down or leave it on you. If you choose to remove it, place it on a stable surface within arm's length of your chest with the display facing up.

**REMEMBER- YOU CANNOT HAVE AN MRI AFTER
THIS TEST FOR 30 DAYS**