



Bravo PH Probe Prep Guide

You have been scheduled for a Bravo PH Probe placement.

Plan ahead to help reduce your stress. Use these step-by-step instructions for a successful procedure so that your doctor can clearly view your stomach.

If you have any questions, please contact the Gastroenterology office at the Guthrie Clinic at (570) 887-2852.

Thank you for choosing Guthrie!

Bravo PH Probe Prep Guide

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Health Considerations

(review today)

Medications and diagnoses

Please call the Gastroenterology office at the Guthrie Clinic at (570) 887-2852, select option 1 **immediately** if **any** of the following apply to you:

- If you are pregnant or think you may be pregnant.
- If you have a pacemaker or implantable defibrillator.
- If you have a history of esophageal strictures, esophageal varices, or esophageal obstructions.
- **If you need to cancel or reschedule your appointment.**

Please do not take any antacid or anti-reflux medications 1 week before your study or during your study unless you have been instructed to do so by your physician.

Patients on blood thinners

If you use Aggrenox, Arixtra, Brilinta, Effient, Eliquis, Plavix, Pletal, Pradaxa, Ticlid, Xarelto, or any blood thinner (anticoagulant) or an anti-platelet drug, most patients need to stop taking these 5 days prior to procedure.

- Please speak with your physician who orders this medication before stopping.

If you use a blood thinner named Coumadin, Warfarin, or Jantoven you will need special instructions about stopping this drug before the procedure. ***The timing of this is very important!***

- If you are followed by the Coumadin Clinic, please contact the Sayre Coumadin Clinic at 570-887-2200 for instructions before stopping, to see if they prefer that you use an alternative anticoagulant.
- If you are NOT followed by the Coumadin Clinic, please contact your physician who orders this for instructions.

Diabetic patients

- If you take a pill to lower your sugar, do not take it on the day of your procedure.
- If you are taking regular Insulin® or NPH, do not take it on the day of your procedure.
- If you are taking any other insulin preparation such as Lantus, Humalog, or 70/30 insulin: It is recommended you take a ½ dose the evening prior to your procedure and no dose the day of your procedure.
- We recommend you have products with and without sugar on hand at home to keep your blood glucose in balance during the preparation period.

Get prepared

(1-2 weeks before the procedure)

Sedation requires that patients make transportation arrangements

Please be aware that you will be receiving sedation for your procedure. It will limit what you can do after your procedure until the following day.

ALL ENDOSCOPY PATIENTS MUST HAVE A DESIGNATED DRIVER

Due to sedation medication, it is unlawful to drive until the following day after a procedure and is considered driving under the influence of drugs (DUI), a punishable offense.

It is required that all endoscopy patients have a designated driver (18 years or older) available to drive the patient home after their procedure. You may not take public transportation unless accompanied by someone 18 years of age or older.

Procedure day reminders

(review 5 days prior, and day of)

Medication on the day of your procedure

- **Do NOT take blood thinners, see page 2.**
- **Diabetics, see page 2.**
- You may take other medications (including pain medications, anti-anxiety medications, and blood pressure medications) with a **small sip of water**. Take inhaler as prescribed if needed in the morning.

What to bring

- A list of your current medications, your insurance card, and **Photo ID**
- Hearing aids, inhaler, and/or ileostomy or colostomy supplies (as applicable)
- Wear comfortable, loose fitting clothing
- Please leave all valuables at home. Cell phones and tablets are not allowed after you enter the patient care area and must be turned off until after discharge. This is for the privacy of all our patients.

Transportation & Discharge

- You must have a driver 18 years of age or older with a valid driver's license for this procedure.
- You may not take public transportation unless accompanied by someone 18 years of age or older.
- You should plan on being at our facility for a minimum of **4-6 hours** for your appointment. Please plan accordingly, as **delays may occur**.

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The day before your procedure:

- **You cannot have anything to eat or drink after midnight the night before your procedure.**

On the day of your procedure:

- **Review procedure day reminders, page 4.**
- **Do not take blood thinners the day of your procedure (see page 2).**
- **You may take other medications, with a small sip of water.**
- **You may brush your teeth.**

Please be advised, due to the nature of the Bravo pH probe, you may not have an elective MRI for 30 days. Guthrie Radiology will be notified on the day of your procedure.

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