



How to Prepare for Your Upper Endoscopy with Wireless pH capsule (BRAVO) placement

IMPORTANT – Please read these instructions at least 2 weeks before your appointment. Only follow these instructions if you have received them from your physician or the Loyola GI Lab.

PLEASE TRY TO KEEP YOUR SCHEDULED APPOINTMENT

If you must cancel or reschedule your appointment, please call **708-216-0464** with at least **SEVEN DAYS** notice so another patient can be offered the time slot.

Follow all of the instructions in this handout **EXACTLY** as they are written.

Key Instructions:

- Because of the sedation you will receive, you will need to have an adult you know (18 years or older) come with you to your visit and take you home. This is hospital policy and cannot be changed by your physician. If you do not have an adult driver come with you to your visit, your appointment will be canceled.
- Several types of medications may need to be stopped starting up to **7 DAYS BEFORE** the test. See the medication section below for details.
- After your test is complete (48 hours unless instructed otherwise), return to the GI lab to return the recorder.
- After the procedure, you must **NOT** be near a magnetic resonance imaging (MRI) machine or schedule an MRI examination for 30 days. If you need to have an MRI around this time, please call **708-216-0464** to help arrange scheduling.

PREPARING FOR YOUR PROCEDURE:

Medications

Some of the medicines you take may need to be stopped or adjusted before your procedure.

- Blood thinners such as warfarin (Coumadin), clopidogrel (Plavix), enoxaparin (Lovenox), ticagrelor (Brilinta), ticlopidine (Ticlid), anagrelide (Agrylin), rivaroxaban (Xarelto), dabigatran (Pradaxa), and prasugrel (Effient). You **MUST** call **708-216-0464** at least 2 weeks before your procedure for medication orders.
- You may continue to take aspirin or non-steroidal anti-inflammatory medications, such as, Aleve, Motrin, Advil, Ibuprofen, Vioxx or Celebrex.
- Insulin or Diabetes pills: you **MUST** call the doctor that monitors your blood sugar levels. Your medicine dose may need to be adjusted because of the diet restrictions required for the procedure.

- GLP-1 Agonists: Semaglutide (Ozempic/Wegovy), Dulaglutide (Trulicity), Exenatide (Byetta), Liraglutide (Victoza), Lixisenatide (Adlyxin), Tirzepatide (Mounjaro/Zepbound)
 - If the above are taken daily: Hold medication for 2 days
 - If the above are taken weekly: Hold medication for 1 week prior to procedure date.
- Appetite Suppression: Phentermine
 - Hold medication for 4 days
- Bring a list of all your medications with you on the day of your procedure.

Check with the doctor who ordered your test whether they want the test performed **ON or OFF** acid reflux medications.

If your doctor wants the test performed **OFF** acid reflux medications, please read the following:

- These medications should be **STOPPED FOR 7 DAYS** before the test: Prilosec (omeprazole), Nexium (esomeprazole), Aciphex (rabeprazole), Prevacid (lansoprazole), Protonix (pantoprazole), Zegerid (immediate release omeprazole), and Dexilant (dexlansoprazole).
- These medications should be **STOPPED FOR 3 DAYS** before the test: Zantac (Ranitidine), Tagamet (Cimetidine), Axid (Nizatidine), Pepcid (Famotidine).
- Medications such as TUMS, Gaviscon, Maalox and Mylanta can be taken the day before the test
- Take all other medications ordered by your doctor. On the day of your procedure, take your other medications with a sip of water. Be sure to take them at least 6 hours before your scheduled appointment time.

If your doctor wants the test performed **ON** acid reflux medications, then please read the following:

- Continue all your regular medications.
- On the morning of the test, you can take your regular medications with sips of water. Be sure to take them at least 8 hours before your scheduled appointment time.

7 days before your procedure

- Make sure that you have a ride. You will need to have an adult you know (18 years or older) come with you to your visit and take you home. **YOU CANNOT DRIVE, TAKE A TAXI, BUS, MEDI-CAR, OR ANY FORM OF PUBLIC TRANSPORTATION.**
- If you have an Automatic Implanted Cardiac Defibrillator (AICD) or Pacemaker, get your information card from your doctor. You will need to bring it with you on the day of your appointment.
- Several types of medications may need to be stopped starting up to **7 DAYS BEFORE** the test. See the medication section above for details.
- Call **708-216-0464** if you are unable to keep your appointment and need to reschedule.

The day before your procedure

- Do **NOT** drink alcohol on the day before the procedure or the day of the procedure.

The day of your procedure

- **IF YOUR PROCEDURE IS IN THE MORNING:**
 - Do not eat or drink anything after midnight.
- **IF YOUR PROCEDURE IS IN THE AFTERNOON:**
 - Do not eat any solid food or drink after midnight.
 - You may have clear liquids from the list provided, as long as it is at least 8 hours before your scheduled arrival time. You may have coffee or tea (iced or hot) with sweetener only. **NO CREAMER OR MILK.**
- You may take your morning medications with sips of water. Be sure to take them at least 8 hours before your scheduled appointment time.
- You should arrive to the GI Lab at least 45 minutes before your scheduled procedure time.
- You will need to have an adult you know (18 years or older) come with you to your visit and take you home. **YOU CANNOT DRIVE, TAKE A TAXI, BUS, MEDI-CAR, OR ANY FORM OF PUBLIC TRANSPORTATION.**
- If you have an Automatic Implanted Cardiac Defibrillator (AICD) or Pacemaker, bring your information card with you.
- Bring a list of all your medications with you.
- **PLEASE DO NOT BRING ANY VALUABLES WITH YOU ON THE DAY OF YOUR APPOINTMENT. REMOVE ALL JEWELRY AND LEAVE IT AT HOME.**

After the procedure

- Keep the device on in the daytime during the test. You may remove it to shower or sleep.
- After your test is complete (48 hours unless instructed otherwise), return to the GI lab to return the recorder.
- After the procedure, you must NOT be near a magnetic resonance imaging (MRI) machine or schedule an MRI examination for 30 days. If you need to have an MRI around this time, please call **708-216-0464** to help arrange scheduling.

Questions:

If you have any questions about preparing for your procedure, please call:

- During normal business hours: **708-216-0464**
- After-hours: Physician Answering Service **708-216-8000**, and ask for the GI Fellow on Call

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2160 S. First Ave. ▪ Maywood, IL 60153
888-584-7888 ▪ loyolamedicine.org