

Bravo preparation instructions

We will contact you by noon the business day prior to your procedure to inform you of your procedure time. If you are not contacted by this time, please call (920) 884-3400 before 4 p.m.

Please follow these instructions carefully as you prepare for your exam.

Arrange for a designated driver for the day of the exam. A responsible family member or friend **MUST** pick you up from your procedure. You are **NOT ALLOWED** to drive or take a taxi, bus or rideshare service. **If you do not have a responsible driver (family member or friend) to take you home, your exam will be cancelled.**

If you are diabetic or taking a weight loss medication, contact your prescribing or primary provider with any questions regarding oral or injectable diabetic or weight loss medications.

Seven days before your procedure

- Stop your proton pump inhibitors, such as omeprazole (Prilosec), lansoprazole (Prevacid), rabeprazole (Aciphex), pantoprazole (Protonix), esomeprazole (Nexium) or dexlansoprazole (Dexilant).
- Watch the Bravo training video at: prevea.com/bravo

Three days before your procedure

- Stop your H2 antagonist medications, such as famotidine (Pepcid) or cimetidine (Tagamet).

One day before your procedure

- Stop taking any antacids, such as Tums, Maalox, Gaviscon or sucralfate (Carafate).
- Do not eat or drink anything after midnight.

Day of your procedure

- Do not eat or drink anything after midnight.
- Refrain from taking all prescribed and over-the-counter medications the morning of the procedure, except for blood pressure or

anti-seizure medications. You may use any eye drops or inhalers as usual.

- It is hospital policy that any female, age 10 to 55, have a pregnancy test prior to the procedure. This will be administered at the hospital.
- Upon arrival at the hospital, check-in at **First Floor Registration.**

Once your study is complete

- Return the Bravo monitor to the fourth floor at HSHS St. Mary's Hospital Medical Center. Our hours are Monday through Friday 7 a.m. to 4 p.m. If you must return it after hours, please drop the monitor off at St. Mary Hospital Medical Center Emergency Department on the first floor.
- Resume your proton pump inhibitors, H2 antagonist or antacid medications.
- You will receive results during your follow-up visit. If you do not have an office visit scheduled, please call our office at (920) 429-1700.
- Do NOT have an MRI for 30 days.

Questions

If you have any questions, contact your physician's office at (920) 429-1700. A nurse is available 24 hours a day.

Need to reschedule

Please contact our central scheduling office at (920) 433-8329 if you need to reschedule. Staff is available Monday through Friday from 7:30 a.m. to 5 p.m. Cancellations 48 hours in advance are preferred.

