Operating the Bravo™ pH Recorder

The Bravo Reflux test results include recorded information from the capsule along with the information written in the Patient Diary used to note your meals, events and symptoms. Correlations between the changes in the recorded information and the events you document are important for your doctor’s interpretation of test results.

IMPORTANT

Inform your physician if you have a pacemaker, a heart defibrillator, a history of bleeding issues or pre-existing problems in the esophagus.

DO NOT SCHEDULE ANY MRI EXAMS WITHIN 30 DAYS OF COMPLETING THE BRAVO TEST.

Recording Events and Symptoms

Events include meals, sleep and symptoms with duration. Record a meal or sleep event automatically by pressing the appropriate event button on the recorder. Record an event on the Patient Diary sheet by marking the type of event and writing down the event start and stop times using the time displayed on the Bravo pH recorder.

- **Meal Button**: Record all meals, drinks (juices, soda, coffee, tea) and snacks by pressing the Meal Button at the start of the meal, and again at the end of the meal. The button LED will blink until the button is pressed to mark the end of the event. **Please limit the amount of plain water** (not flavored) between meals and do not sip over long periods. Do not record plain water drinks.

- **Supine Button**: Press the Supine Button once when lying down for bed and once again upon rising. Record all up and down times—even quick trips to the restroom at night or lying down on the sofa.

- **Symptom Button**: Record symptoms automatically by pressing the appropriate symptom button. Symptoms may include chest pain, cough, regurgitation or heartburn. Record a symptom in the Patient Diary by noting the Bravo recorder time in the symptom box. Add comments as needed.

Where to Keep the Recorder

You may remove the Bravo pH recorder when lying down or you may 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 and the symptoms buttons facing you.

If you move outside the recorder range, you may hear beeping for 30 seconds and the 1 or 2 icon will disappear. They will reappear once you move within range of the recorder.

You may bathe/shower during the test period, but the recorder must not get wet and must remain within 3 feet of you on a dry, stable surface.

How to Get the Most Accurate Results

- **Activity**: Follow your normal routine during the monitoring period to ensure the results are accurate. **Note**: **DO NOT ALLOW THE RECEIVER TO GET WET. IT IS NOT WATERPROOF.**

- **Eating**: Eat the way you normally eat, at the times you normally eat. Following your normal eating pattern helps the test measure your stomach acid as it would normally occur. Eat foods that tend to increase your symptoms (without making yourself miserable). **Avoid** sucking on hard candy or lozenges and chewing gum during the monitoring period.

- **Lying down**: Unless napping or lying down are part of your routine, do not lie down until you go to bed.

- **Medications**: **DO NOT** take acid reducing medications. **TAKE ALL OTHER PRESCRIPTION MEDICATIONS AS USUAL.**

- **Recording symptoms and activities**: Follow the instructions you are given to record symptoms and activities both on the recorder and on the Patient Diary while being monitored.

- **Call your doctor** if you think you may be experiencing any unusual symptoms or side effects.

- **Return the recorder and diary** to your physician after completing the monitoring period.

- **After completing the test**, return to your normal activities, diet and medications. Normal swallowing, eating and drinking will dislodge the capsule and allow it to pass through your digestive tract within 7-10 days. You may flush the capsule down the toilet.

At completion of your pH study, return the Bravo recorder and your Patient Diary to:

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**Symptom Button Note:**

- All button functions are active only when backlight is ON.
- If backlight is OFF, pressing any of the enabled recorder buttons will first turn the backlight ON, but no function will yet be activated.
- **Press the desired button a second time to activate the desired function.**
- The green indicator light comes on for 3 seconds and beeps indicating symptom was recorded.

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**PATIENT DIARY**

Record all events by noting the time of event in the appropriate box below. Use comments to record additional details.

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Press any of the three Symptom Buttons (chest pain, cough, heartburn) once for each individual event.

Press the Meal Button once at the start of the meal which will make the LED start blinking. Press the button again when meal is finished to mark the end of the event.

Press the Supine Button once when lying down for bed which will make the LED start blinking. Press the button again upon rising to mark the end of the event.

<table>
<thead>
<tr>
<th>Meal Start</th>
<th>Meal Stop</th>
<th>Supine Start</th>
<th>Supine Stop</th>
<th>Chest Pain</th>
<th>Cough</th>
<th>Heartburn</th>
<th>Other</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>07:00am</td>
<td>07:17am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Oatmeal, coffee, strawberries.</td>
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</tbody>
</table>