



## Preparing for the Bravo™ pH Test with Colonoscopy

### 7 Days Before Your Test Start Date:

**STOP** all proton pump inhibitors (PPI) such as pantoprazole (Protonix®), omeprazole (Prilosec®, Zegerid®), rabeprazole (AcipHex®), or lansoprazole (Prevacid®).

### 3 Days Before Your Test Start Date:

**STOP** H2 blockers such as ranitidine (Zantac®), cimetidine (Tagamet®), famotidine (Pepcid®, Fluxid®) or nizatidine (Axid®).

### Purchase the Following Products:

1. **Dulcolax Tablets (bisacodyl laxative)**
2. **Miralax 238 gram bottle** (to be mixed in the clear liquid choice below prior to drinking)
3. **Gatorade 64 ounces (NOTHING RED OR PURPLE)** - *Sugar-free drinks (G2, PowerAde Zero, Propel or water) are also options.*

### The Day BEFORE Your Exam:

- **STOP** taking over-the-counter antacids of any kind (Tums®, Rolaids®)
- **STOP** all solid foods. NO SOLID FOOD until after your exam.
- Beginning with a clear liquid breakfast, continue to drink at least 8 glasses (64 oz) of **CLEAR** liquids throughout the day. **Clear liquids include:** Water, sports drinks, black coffee, tea, any soda (light or dark), broth, Jell-O, popsicles, and juice without pulp. **NOTHING RED OR PURPLE.**
- At **4:00 PM** take four (4) of the Dulcolax Tablets.
- At **5:30 PM** drink half of the total Miralax/Gatorade solution over the next 2 hours.
- Continue drinking additional clear liquids throughout the evening.
- A soothing ointment (Desitin, Vaseline) may be applied to the anal area to prevent discomfort and skin breakdown.

### The Day Of Your Exam:

- **Four (4) hours** before your arrival time, drink the remaining half of the Miralax/Gatorade solution over the next 2 hours.

### 2 Hours Before Your Arrival Time:

**NOTHING BY MOUTH** until after your test. No water, no gum, no mints. **NOTHING BY MOUTH.**

**IF YOU ARE TO BE SEDATED, A RESPONSIBLE DRIVER MUST REMAIN IN THE FACILITY THROUGHOUT YOUR APPOINTMENT. (~2 hours total)**

#### Medications:

- **Take regularly prescribed medications** (EXCEPT ANTACIDS, AS NOTED TO THE LEFT) at least two (2) hours before you arrive. **If you have an inhaler, please bring it with you.**

#### Diabetics:

- **DO NOT** take oral diabetic medication or insulin the morning of your procedure. Bring your insulin with you.
- Test your blood sugar before coming in for your procedure and bring the reading with you.
- Please contact the physician that manages your diabetic care if you have any questions regarding your oral medication or insulin dosages.

#### Blood Thinners:

- If you are taking blood thinners, call your prescribing physician and ask if you may stop taking the medication for the required amount of time prior to your procedure.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.

#### Bring with You:

- **Complete forms** that were sent to you
- **Photo ID and Insurance Card**
- **List of all medications**, vitamins and supplements you are taking (include dosage and last date and time each medication was taken before your arrival)
- **Wear a short-sleeved shirt**

©2018 Granite Peaks GI, LLC. All Rights Reserved.

Arrive at the Endoscopy Center at your scheduled time. Please call us if you have any questions regarding your preparation.

**Granite Peaks Endoscopy**  
10150 S Petunia Way, Sandy, UT 84092  
801-619-1115