

## General BRAVO Instructions

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1. You may resume normal daily activities and your normal diet once feeling better from sedation after the procedure.
2. Do not chew gum or eat hard candy during the study.
3. Remain on your acid reducer medication (PPI), unless directed otherwise by your provider.
4. Do not get the recorder wet.
5. Do not turn the BRAVO recorder “OFF” at any time.
6. Keep the BRAVO recorder close by you at all times, at least be within 3 feet of the recorder.
7. Document on the patient diary all the hours that you are sleeping  
Example: Slept from 10pm – 6am  
              Nap from 1pm – 2pm
8. Document your meals, activities, acid reducing medication use, & symptoms on diary sheet.
9. Bring recorder and completed diary sheet to Huron Gastro Office after 48hrs of reading.
10. You can expect the pH capsule to fall off and be released from the body within 7-10 days from the procedure. You do not need to retrieve it; it can be safely flushed down the toilet.
11. No MRI during or after the study for 30 days.
12. Call our office at 734-434-6262, if you have any questions; ask to speak with a nurse.