



# PREPARING FOR REFLUX TESTING

Bravo™ Reflux Testing System

A simple way to evaluate your  
gastroesophageal reflux symptoms

**Medtronic**  
Further, Together

## WHY TEST FOR GERD?

Do you have frequent indigestion or a burning sensation in the center of your chest? Do you regularly get sour or bitter-tasting fluids in your throat or mouth? Do you avoid lying flat or bending over to prevent acid from backing up into your throat?

If you answered "yes" to any of these questions, especially if your symptoms are so severe that they interfere with your daily routine, you might have chronic (more than once per week) heartburn.

**Frequent or chronic heartburn may be associated with a more serious problem known as GERD** (gastroesophageal reflux disease). Damage caused by GERD can lead to more serious medical problems such as difficulty swallowing (dysphagia), narrowing of the esophagus (strictures) and Barrett's esophagus.

**The Bravo™ reflux testing system is a minimally invasive test for evaluation of heartburn or related symptoms.** Your doctor will analyze results from this test to determine what is causing your symptoms and the treatment to prescribe for you.



## HOW IT WORKS

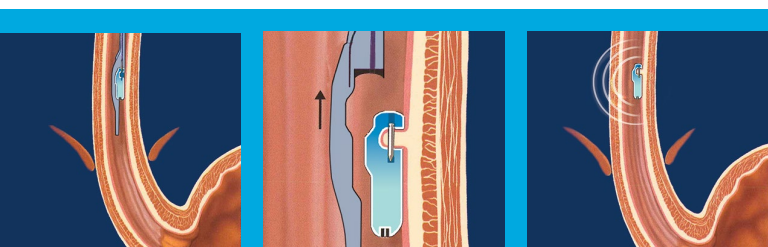
After administering a local anesthesia, your physician will place a **Bravo™ reflux capsule** into your esophagus using a delivery device. The test involves a **miniature pH capsule, approximately the size of a gel cap**, which is temporarily attached to the wall of your esophagus.

Throughout the test period, the Bravo™ reflux capsule will measure the pH in your esophagus and transmit this information to the **Bravo™ reflux recorder**, worn on your belt or waistband just like a mobile phone. Once the Bravo™ reflux capsule has been placed and you have been instructed how to use the Bravo™ reflux recorder, **you can leave your physician's office and go about your normal activities.**

Once the test has been completed, you will need to return the recorder according to your physician's office's instructions so that your test data can be downloaded for analysis. The information will be analyzed by your physician to diagnose your condition.

### Patient-friendly reflux testing

- Monitors symptoms during your regular activities
- Convenient, discreet design makes testing nearly invisible to the outside world





## WHAT TO EXPECT

The capsule takes only moments to place in the esophagus. Then, the test period lasts 48 to 96 hours, depending on what your physician requests. After placement, **the capsule communicates with the recorder wirelessly** (meaning no tube or wire remains in your nose or mouth).

Some patients say they have a vague sensation that “something” is in their esophagus. Some patients say they feel the capsule when they eat or when food passes the capsule. Should you experience this, chewing food carefully and drinking liquids may minimize this sensation.

Your physician’s office will instruct you how to use the Bravo™ reflux recorder and when and where to return the equipment. You will be given a diary to **write down the times when you have reflux symptoms** (coughing, heartburn, regurgitation), when you eat and when you lie down.

# ANSWERS TO YOUR QUESTIONS

## What are the benefits of the Bravo™ reflux testing system?

The Bravo™ reflux testing system is wireless, making it convenient and discrete, so you are **free to move about** as long as you stay within three feet or approximately one meter of the recorder. You can bathe and get a restful night's sleep because you can place the recorder outside the shower or on your nightstand, and the test will not be interrupted.

This test also allows for evaluation of acid reflux and symptoms both on or off reflux medication, depending on your doctor's recommendation.

## Will the test restrict my diet and activities?

No. One of the added benefits of the Bravo™ reflux capsule is that it is so small that **you may eat normally and go about your daily routine.**

## What happens after the test?

After the test is complete, the disposable Bravo™ reflux capsule falls off the wall of your esophagus and **passes naturally with your bowel movement** through your digestive tract. The data captured on the Bravo™ reflux recorder during the procedure will be downloaded to a computer and your doctor will view the test results.

## Important Reminder

This brochure is intended to supplement the direction and explanations from your doctor regarding the ingestion of a Bravo™ reflux capsule. It does not replace your doctor's care, advice and specific instructions regarding the preparation for your procedure.

**Your procedure is scheduled for:**

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**Do not have an MRI for 30 days.**

**I cannot have an MRI until:** \_\_\_\_\_

Date

**Instructions from physician or nurse:**

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**For additional information call:**

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**Caution:** Federal law restricts this device to sale by or on the order of a licensed healthcare practitioner. Rx only.

**Risk Information:** The risks of the Bravo™ reflux testing system include premature detachment, discomfort, failure to detach, failure to attach, capsule aspiration, capsule retention, tears in the mucosa, bleeding and perforation. Endoscopic placement may present additional risks. Medical, endoscopic, or surgical intervention may be necessary to address any of these complications, should they occur. Because the capsule contains a small magnet, patients should not have an MRI study within 30 days of undergoing the Bravo™ reflux test. Please consult your physician for further information.

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