

Information for patients and carers

Gastrosocopy & BRAVO pH Study



London
Gastroenterology
Centre

Your appointment



London
Gastroenterology
Centre

Remember
to contact your
insurance
company

Name:

Date:

Time:

You must contact your insurance company

Please ensure that your insurance company authorises the test BEFORE you arrive at the hospital. Please contact us and advise us of the pre-authorisation code.

The code for Gastroscopy & BRAVO pH study is G4530

Your study is being done:

ON PPI MEDICINES

OFF PPI MEDICINES

(see page 5)

SPACE FOR YOUR NOTES:

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/4 What is a gastroscopy and BRAVO pH study?

Find your appointment on the previous page

A gastroscopy (also called endoscopy) is a test to examine the inner lining of our oesophagus (gullet), stomach and upper small bowel (duodenum). The BRAVO pH study is an extra test that can be performed during the gastroscopy to evaluate for gastroesophageal reflux disease (GORD).

In the examination room you will be made comfortable on a couch, lying on your side. A nurse will stay with you throughout the test. The doctor may spray the back of your throat with a local anaesthetic and/or give you a sedative injection to make you sleepy and relaxed.



You must
not eat for
6 hrs
before the
tests

You will be
in the
hospital for a
total of around
3 hrs

The doctor will gently insert a flexible tube with a camera on the end (called a gastroscope or endoscope) through your mouth into your stomach and small bowel.

The stomach will be gently inflated by passing air through it to give a clearer view of the bowel lining and the doctor will check whether any disease is present. He will then attach a wireless transmitter to the lining of the oesophagus.

When the test is finished, the gastroscope is removed quickly and easily. The test takes approximately 15 minutes. You will, however, be in the hospital for a total of 2-3 hours.

There are a few important points to note:

- If you are diabetic taking **insulin**, or you are taking blood thinning medicines such as **warfarin** or **clopidogrel** and are unsure whether to change these medicines, please ask for specific instructions on what to do (see pages 4-5).
- Please ensure someone can take you home as you will not be allowed to drive after having sedation (see page 6-7, getting to and from the hospital).

/6 Preparing for the tests

7 days before the examination

If you are taking **clopidogrel (Plavix)** or similar blood thinning drugs for a coronary stent, you must only stop these after discussion with the doctor. Other patients taking clopidogrel should usually stop this 7 days before the procedure and restart it 7 days after the procedure.

We usually ask patients to stop taking **warfarin** for 7 days before the procedure. If you have had a heart valve replacement, you must not stop your warfarin but you must let us know. You may require a special drug regime before the test.

PLEASE CHECK
WITH US FOR
YOUR OWN
INSTRUCTIONS

BRAVO Test Done Off PPI Therapy

Many people who have the BRAVO pH study are already taking acid suppression treatment, usually in the form of a proton pump inhibitor (PPI). If we ask you to stop these before the test (see **Your Appointment** section on page 2), you must stop these drugs 7 days before the test:

Losec: Omeprazole
Zoton: Lansoprazole
Nexium: Esomeprazole
Motilium: Domperidone
Protium: Pantoprazole
Pariet: Rabeprazole
Tagamet: Cimetidine
Zantac: Ranitidine

You may continue to take antacids eg **Gaviscon, Rennie, Maalox and Settlers** until 24 hours before the test. All other medications for other conditions should continue as normal unless stated below.

PLEASE CHECK
CORRECT
SECTION

Diabetic Patients

For patients taking insulin:

Morning Procedure:

Take your normal insulin dose on the evening before procedure. On the morning of procedure, take normal insulin dose **AFTER** the test

Afternoon/Evening Procedure:

If you take insulin in the morning, take **HALF** your normal dose. Take normal dose in the evening when you eat after procedure is finished

For patients taking tablets:

Morning Procedure:

You should delay taking any diabetic tablets in the morning until after the procedure.

Afternoon/Evening Procedure:

You should take **HALF** the normal dose of your diabetic tablets in the morning. You should delay taking any diabetic tablets in the afternoon until after the procedure.

IF YOU ARE UNSURE, PLEASE ALWAYS CHECK WITH US.

Other Medication:

You should follow any specific advice you have been given with regard to your regular medications. Medications that you may have been asked to temporarily discontinue include:

- Diuretics (water tablets)
- Non-steroidal anti-inflammatory drugs
- Warfarin (see page 4)
- Clopidogrel (see page 4)
- Diabetic tables (see above, page 5)

PLEASE CHECK WITH US FOR YOUR OWN INSTRUCTIONS

/8 **What happens on the day of the gastroscopy and BRAVO pH study?**

What happens when I arrive at the hospital?

You should not eat any solid food for 6 hours before the gastroscopy.

You can continue to drink clear fluids until 4 hours before your gastroscopy.

Please continue to take all medication as normal including the day of your gastroscopy unless you have been advised otherwise (see above on pages 4-5).

Please go to the endoscopy unit. You will be shown to your cubicle where you will meet the nurse who will look after you during your stay. She will also verify your personal details and preferred method of payment.

The nurse will then prepare you for your procedure. If you have any worries or questions at this stage don't be afraid to ask. The staff will want you to

be as relaxed and informed as possible for the test and will be happy to answer your queries.

The procedure will happen about half an hour after you arrive.

Your doctor will explain the test to you and will ask you to sign a consent form. This is to signify that you understand the test and its implications.

Please tell the consultant or nurse if you have had any allergies or bad reactions to drugs or other tests.

The BRAVO
test takes
around
20 minutes

What happens next?

When you go into the endoscopy room you will be asked to remove any false teeth. You will then lie on your left side on a trolley. You will have some equipment attached to you so we can monitor your blood pressure and your oxygen levels. You will also have a small amount of oxygen during the procedure. A plastic mouthpiece will be placed between your teeth to help keep your mouth slightly open.

Most people prefer to be sedated (sleepy) for the test. The doctor will administer the medication (painkillers and sedation) via a small plastic tube placed in the back of your hand or arm. The medication may take a few minutes to work. The medication is designed to make you relaxed and drowsy; it is not a general anaesthetic.

The doctor will then start the procedure by gently passing the gastroscopy through your mouth into your stomach. The gastroscopy and BRAVO transmitter placement usually takes around 15 minutes. If you get a lot of saliva in your mouth, the nurse will suck this out with a sucker.

/10 During the test

Does it hurt?

Sometimes the doctor takes a biopsy (a sample of the bowel lining). A small piece of tissue is removed painlessly through the gastroscopy, using tiny forceps. This is then sent to the laboratory for further tests.

He will then carefully attach the BRAVO transmitter to the lining of the oesophagus. This is simple to do and painless.

The test should not be painful but you may feel uncomfortable in the throat.

You may have a sore throat for 2 or 3 days after the procedure.

After
SEDATION
do not drive a car
until the next
day

What happens after my gastroscopy?

After the gastroscopy you will return to your cubicle. You will have a recorder to wear on your belt or to put in your pocket or handbag. If you have had sedation, you will stay there for approximately one hour so the effects of the sedation can wear off. Your blood pressure and oxygen levels will be monitored during this time. You will also be offered a drink and some biscuits. **You may bring your own food if you prefer.** If you do not have sedation you will not need to stay in recovery for as long.

One of the doctors or nurses will come to explain the results of your gastroscopy. You should expect to stay in the hospital for a total of 2-3 hours.

What happens when I go home?

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If you have had sedation, do not use public transport, particularly if you will need to stand on the train or bus.

- **DO NOT** drive yourself. Please have someone to take you home in a car or taxi.
- **DO NOT** drink alcohol for 24 hours after sedation is given
- **DO NOT** drive a car or operate heavy machinery for 24 hours after sedation is given

Once you get home you may eat and drink as normal.

You may find that you have sore throat. You might also feel a bit full up or bloated. This is because of air in your bowel.

This feeling usually only lasts for a few hours. **Peppermint** or **chamomile tea** helps release the trapped wind. One in three people have chest discomfort also (see P14, Risks)

/12 The BRAVO test continues for 48 or 96 hours after the Gastroscopy

You will take the BRAVO recorder home with you. It will record how much acid reflux you have for between 48 and 96 hours. You will need to wear it on your belt or to put in your pocket or handbag. At night, place it next to your bed and when you are in the bathroom, keep it well away from the bath or shower. It can detect signals to a distance of 2 metres.

There is a blue light that flashes intermittently on the unit for up to 96 hours. It stops flashing at the end of the test.



If the receiver goes out of range, it beeps for 2 minutes and the LCD display will continue to flash after this. If this happens, just put the receiver on your chest and it will stop flashing and/or beeping.

Please keep a diary of when you lie down and get up and of when you start and finish your meals.

Please press the grey button on the top of the box when you get what you think is a characteristic symptom of possible reflux.

Press the symptom buttons on the front of the box if you get a symptom, for example heartburn or a cough.

Please also record when you start and finish a meal and when you lie down at night and get up in the morning

Returning the BRAVO recorder for analysis

Emergency Contact Details.

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At the end of 48 or 96 hours, the recorder box will turn off automatically

You will be given an envelope and an appointment to return the recorder to the hospital.

Please also return the diary sheet.

Alternatively, you may arrange with the nurses to return it by post.

If you have any problems after the procedure such as

- **Bleeding**
- **Black tarry stools or**
- **Excessive abdominal pain**

Please contact the hospital endoscopy department directly during office hours for advice

Out of normal working hours, please phone the main hospital switchboard and ask to be put through to your consultant directly

The recorder will arrive in our office within **24 hours.**

/14 What are the risks of Gastrosocopy and BRAVO pH study?

Gastrosocopy is a common test with very few side effects or complications. However you should be aware of the following potential complications:

For the BRAVO test, most people are not even aware that the transmitter capsule is inside. About one in three people are aware of it and notice chest discomfort, particularly on swallowing. If this happens to you, don't worry. Just chew your food well and, if necessary, take **paracetamol**.

The transmitter capsule will detach and disappear into your stools, never to be seen again, after 2-14 days. Once this happens, any discomfort in your chest will quickly settle down. It is possible to remove the transmitter capsule at endoscopy, but this is rarely needed.

Please note that the BRAVO

transmitter is an electronic device. As with all electronics, there is a very small chance that it will not work properly. The risk is around 1 in 100.

For gastrosocopy itself, overall, the risks of haemorrhage (bleeding) or perforation (a hole in the lining of the bowel) are very low at about 1 in 15,000 (British Society of Gastroenterology).

Sedation causes breathing problems in about 1 in 200 cases although these are usually mild (British Society of Gastroenterology). You will be monitored through out the procedure and the sedation can be reversed if necessary. Other rare problems include aspiration pneumonia and a slight risk to teeth or dental bridgework.

Sometimes the doctor is unable to complete the entire test. It is possible to miss abnormalities during the test.

What are the alternatives to gastroscopy and BRAVO pH study? Delays

Barium Swallow:

This is an X-ray test. It can be used to examine swallowing problems, but it is a poor test for assessing acid reflux.

Manometry and pH study:

Both these tests involve placing a small tube through the nose into the oesophagus.

Manometry measures oesophageal motility and is often needed for patients who are considering fundoplication surgery to treat their acid reflux. This test takes a few minutes to do.

A pH study measures acid reflux over a 24 hour period. It is considered less good than the BRAVO because it only measures reflux for one day rather than two. In addition, because the tube comes out of the nose, people find the test bothersome and they tend not to do the things they usually do. This can reduce the

acid reflux and the results are therefore less accurate.

24 hour pH & impedance study:

This test is similar to the standard 24 hour pH study but the tube has an extra capability to measure non-acid reflux as well. This may be preferable, particularly for people who have recurrent symptoms after previous surgery or complex symptoms which may or may not be due to acid reflux.

Delays:

Sometimes due to emergencies and other unforeseen circumstances your appointment may be delayed. We try our best to see everyone on time but please understand that delays can occur and we ask for your patience in these circumstances.

Private Appointments

London
Gastroenterology Centre
Princess Grace Hospital
41 Welbeck Street
London W1G 8DW

+44 (0)20 7183 7965
info@gastrolondon.co.uk
<http://www.gastrolondon.co.uk>

Endoscopy Units

The London Clinic
149 Harley Street
London W1G 6DE

Princess Grace Hospital
42-52 Nottingham Place,
London W1U 5NY

Wellington Hospital
Wellington Place,
London NW8 9LE

King Edward VII's Hospital
5-10 Beaumont Street
Marylebone
London W1G 6AA

