

Bravo[®] pH Patient Diary

Patient Instructions

The purpose of this pH study is to monitor the frequency and duration of gastric reflux during a normal day. To get the most accurate results, you must eat, drink, work, and exercise as you normally would.

DO NOT take any antacid or anti-reflux drugs during your study unless instructed to do so by your physician. If in doubt, contact your physician.

Recording Events

Events include meals, sleep and “other” types of activities with duration. Record an event in the Patient Diary sheet by marking the type of the event and writing down the event starting and stopping times, using the time displayed on the Bravo pH recorder. You can record a meal or a sleep event automatically also by pressing the appropriate event button on the Bravo pH Recorder.

	Meals	includes snacks
	Sleep	includes lying down
	Other	includes sports and other activities

To record “other” type events use the Patient Diary (please see back of page).

Recording Symptoms

Symptoms include heartburn, regurgitation, and chest pain.

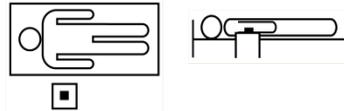
Record a symptom in the Patient Diary by marking the type of the symptom and writing down the symptom appearance time using the time displayed on the Bravo pH Recorder. You can record a symptom automatically also by pressing the appropriate symptom button on the Bravo pH Recorder.

Symptom Button	Symptom Icon
	
	
	

The green indicator light turns on for 3 seconds and a beep is heard (if the audio alert feature is turned on). This tells you that the symptom was recorded.

Recorder Placement when lying down

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 symptom buttons facing towards you.



Recorder Out of Range

If the Bravo pH recorder is too distant from the Bravo pH capsule and reception is weak, it beeps for 30 seconds and the icon **1** disappears from the screen to indicate loss of communication. **Move the recorder closer to you until the beep stops and the **1** icon reappears on the screen.**

If you have any questions or encounter technical issues during your study, call The Polyclinic GI Department at (206)-860-5583

At the completion of your pH study, return the Bravo pH recorder and your Patient Diary to the physician’s office at:

The Polyclinic- 3rd Floor, Broadway Location
1145 Broadway **Suite 300**
Seattle, WA 98122

The recording device saves battery life in a similar fashion to your cell phone by going into “sleep” mode. The device is in sleep mode when the backlight is off. Before recording an event or symptom, be sure to “wake up” the recording device by pressing any of the recorder buttons and the backlight will illuminate. You can now record the event or symptom by pressing the desired button.

Bravo[®] pH Patient Diary

Time of Event	Circle am or pm									Comments
		Meal Start	Meal End	Supine Start	Supine End	Chest Pain	Regurgitation	Heartburn	Other	
:	am/pm									
:	am/pm									
:	am/pm									
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Always refer to the time displayed on the recorder to write down the Time of Event above.

Recording event on the Bravo pH recorder



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



Press the *Meal Button* once at the start of the meal and once at the end of the meal. In between the two presses, **the button LED will blink until the button is pressed to mark the end the event.**



Press the *Supine Button* once when lying down for bed and once at the end of the lying period. In between the two presses, **the button LED will blink until the button is pressed to mark the end the event.**

Notes:

All button functions are active only when backlight is ON. If OFF, pressing any of the enabled recorder buttons will first turn backlight ON and no function will be activated. Pressing the desired button when the backlight is ON will activate the desired function.