

EGD with Bravo Instructions

Pre-procedure Antacid Restrictions

Strict compliance with these instructions is necessary to ensure a safe and complete exam.

Medication / Diet / Tobacco Instructions: It is very important you read this section carefully. If you have any questions regarding your medications please call the MDTEC procedure coordinator at 410-224-3636.

- **10 days prior** to your procedure (at a minimum): you must stop taking Phentermine, or any medication containing Phentermine, such as Qsymia, Qnexa, Adipex-P, Suprenza, Fastin, or Phentercot.
- **7 days prior** to your procedure:
 - **Stop the following if you take them:**
 - Prevacid (lansoprazole)
 - Prilosec (omeprazole)
 - Aciphex (rabeprazole)
 - Dexilant (dexlansoprazole)
 - Kapidex (dexlansoprazole delayed release)
 - Protonix (pantaprazole)
 - Nexium (esomeprazole)
 - Zegerid (omeprazole + sodium bicarbonate)
 - Begin a low fiber diet; You must stop taking all iron supplements, vitamins, minerals, herbal supplements, discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, etc. Avoid fish oil, corn, seeds, nuts and popcorn.
- **5 days prior** to your procedure (**Blood Thinners**): Stop all blood thinners and all aspirin / aspirin containing products unless you have been directed otherwise by your physician,. This includes: Plavix, Coumadin, Pradaxa, Xarelto, Eliquis, NSAIDs, ibuprofen or Advil. You may take Tylenol as needed.
- **3 days prior**
 - **Stop the following if you take them:**
 - Over-The-Counter (OTC) acid suppressing medications such as Axid, Zantac, Pepcid, or Tagamet.
 - Carafate
 - Reglan
- **1 day prior** to your procedure: Stop all Aminosalicylates (Colazal, Asacol, Canasa, Rowasa, Dipentume or Azulfidine).
- **No smoking the day of procedure.**
- **Blood Pressure and Heart medications:** Continue to take these medications as directed. Take them the day of your procedure with a **small sip of water** no less than 2 hours before procedure.

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- **Diabetic medication:**
 - If you are taking diabetic medication by mouth, cut your dose in half the day before the procedure.
 - If you are taking insulin, reduce your insulin dose(s) to half the normal amount the day before the procedure.
 - If you have an insulin pump, please check with the prescribing physician (PCP or endocrinologist) for specific instructions.
 - Do not take any diabetic medication or insulin on the day of your procedure.
- **Bring a complete list** of your medications. **Also bring your blood pressure medicine and inhalers** with you on the day of your procedure.

The Day of Your Scheduled Procedure:

- ❖ **Starting at midnight (12am)—NOTHING to eat.**
- ❖ **Stop taking antacids (Maalox, Tums, Mylanta, Gaviscon).**
- ❖ **You may only have sips of water up until 4 hours before your procedure.**
- ❖ **Stop drinking all fluids 4 hours prior to your procedure.**
- ❖ **If you come to MDTEC drinking fluids, your procedure will be cancelled.**

Please be aware: If you have any questions or concerns regarding these instructions, please call the procedure coordinator at 410-224-3636 for further guidance. If you call before we arrive for the day, please leave a message and we will call you back as soon as we are able.

You must have a responsible driver who is 18 or older to accompany you and drive you home.

A taxi or shuttle is not an approved means of transportation **unless you have** a family member or friend with you. You may not drive until the day after your procedure. If you do not arrive with a driver, your procedure will be rescheduled, and you may be charged a cancellation fee.

After Discharge:

1. This monitoring test will last for 48 hours.
2. Please refer to the Bravo pH Recorder Discharge Instructions given to you at discharge.
3. Once you leave MDTEC, you may continue your medications as directed, eat, drink and go about your normal daily routine.
4. After the test has been completed, the diary and Bravo Receiver must be returned to DDA in Suite 201 at the Annapolis location.
5. You should **not** have an **MRI for 30 days after this procedure.**
6. You can expect your results in approximately 10-14 days.
7. If you have any questions, please call 410-224-4887.