

IMPORTANT INFORMATION ABOUT YOUR ENDOSCOPY

These instruction sheets contain key information on how to prepare for your procedure. Please read and follow all instructions carefully as it may be necessary to cancel your procedure if you do not. Please contact our office at (415) 502-4444 if you are unable to follow the instructions or have any questions about your procedure. You may also contact us by email via MyChart or at GI@ucsfmedctr.org

Please note: If you are scheduled with anesthesia support due to a complex care coordination and fail to show up for your procedure, you will not be rescheduled and will be directed back to the referring provider.

GI Procedures which are cancelled within 7 business days may be rescheduled one more time.

Patients who reschedule multiple times may see limitations to access future appointments (choice of the location and time of the procedure).

Please review the following medication list and check with your provider to make sure it is safe for you to discontinue their use:

For the 48 hour Bravo study, these acid reducing medications must not be taken for a period of time, until the test is finished ****unless instructed otherwise by your referring physician**** Failure to stop taking these medications will result in your test potentially being cancelled and rescheduled:

o **Proton pump inhibitors - stop 7 days** before the test : esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec), pantoprazole (Protonix) and rabeprazole (Aciphex), dexlansoprazole (Dexilant).

o **H2 Blocking agents – stop 3 days** before the test: nizatidine (Axid), famotidine (Pepcid), cimetidine (Tagamet), ranitidine (Zantac).

o **Antacids – stop 1 day** before the test: Gaviscon, Maalox, Mylanta, Tums and Roloids, etc.

o **Carafate** – may remain on this medication up until the day of the study, but must remain off during the 24 hour period that the pH probe is in place.

What to do TODAY:

- Double check your **appointment location** as UCSF has more than one endoscopy suite.
- Arrange for your ride home after your exam:

- Your ride/responsible adult must be readily available to pick you up when called. This is usually within 2-3 hours after your arrival to the unit (an hour before your scheduled procedure). - Public transportation or taxi/uber/lyft rides are not allowed unless you have a responsible adult accompanying you home. This could be a friend or family member with you.

- If you know ahead of time that transportation is an issue, medical transport can be arranged at your expense with at least 24 hours advance notice.

- Unfortunately, if you are not able to secure a ride/responsible adult, we will need to cancel the procedure, and reschedule it at another time.

- Please do take your blood pressure medicines as per schedule even in the morning of the procedure.

• **Please call your primary care doctor or cardiologist if you are taking the following medications** to check that it is safe to stop before procedure. If not safe to stop please call our office. If safe to stop, these are the recommended times:

- You are taking Coumadin (warfarin) - stop 4 full days before your test (please check with your doctor about an alternative medicine during this time).

- You are taking Plavix (Clopidogrel) or Brilinta (Ticagrelor) - stop 5 full days before your test.

- You are taking Ibuprofen, naproxen (Anaprox, Naprelan, Naprosyn, Aleve) -stop 5 days before your test.

- You are taking Xarelto (Rivaroxaban), Pradaxa (Dabigatran) or Eliquis (Apixaban), edoxaban - stop 2 full days (48 hours) before your test. These drugs need to be held longer if your kidney function is abnormal, discuss with your cardiologist or primary care provider.

- Effient (Prasugrel) - stop 7 full days before your test.

- Please let us know if you are on any other blood thinners.

- If you are taking medication for diabetes, please contact your prescribing provider as your diabetes medications will need to be adjusted.

SPECIAL NOTE ABOUT DIABETES/WEIGHT LOSS MEDICATIONS:

Semaglutide (Ozempic, Rybelsus), Dulaglutide (Trulicity), Exenatide (Bydureon, Byetta), Liraglutide (Victoza, Saxenda), Lixisenatide (Adlyxin)

- If you take these once per week → Do not take the dose 7 days before your procedure
- If you take these once per day → Hold the dose the day before your procedure
- If you take these twice daily → Hold the evening dose the day prior to your procedure

Contact your primary care provider (PCP) if you have specific questions about medicines you take. Visit [ucsf.logicnets.com](https://www.ucsflogicnets.com) for more information about diabetes medication management before your procedure.

What to do 5 days before your procedure:

- **STOP** tablets containing Iron
- Continue taking all regularly scheduled medications (BESIDES ANY ANT-ACID MEDICATIONS YOU HAVE BEEN TOLD TO STOP TAKING FOR BRAVO)

The day before your procedure:

No food after midnight.

What to do the day of your procedure:

- Do not eat any solid food: **No Food.**
- A healthy patient may drink clear liquids up to 2 hours before the Procedure ARRIVAL time but **you MUST clarify the timing of your final intake of liquids by mouth when you talk to the anesthesia team at the prepare appointment.** If a prepare appointment is needed for your procedure you will be notified.
- Clear liquids include: green/yellow jello, clear juices, clear broth, water, coffee or tea without milk.
- **DO NOT DRINK:** orange juice, milk; or red/purple colored products.

- After that, take all of your regularly scheduled medications with a **SIP** of water unless directed to do otherwise by your doctor. Besides taking your usual medications with a **SIP** of water, **DO NOT EAT OR DRINK** anything else until after your procedure.
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What is a Bravo study?

- It is a procedure that evaluates the amount of acid that backs up into your esophagus over a 24 hour period.

What will happen during the test?

- **Bravo Study** - This will be done at the endoscopy lab. During your upper endoscopy, a transmitter will be placed on your esophagus that will measure the acid level in your esophagus for 48 hours.

What happens after the 48-hour Bravo transmitter is placed?

- There are no restrictions on your diet or your activity level.
- You will be given a “diary” to record the times you eat, lay down, and when you feel symptoms related to your reflux.

What are the risks?

- The risks for the tests are minimal as these are very safe tests. The most common side effects are a mild sore throat for a day or two. Rare side effects include sinus discomfort or nose bleeds for a short period.

Important Reminders

- ***Do not eat or drink anything for 6 hours before the test, otherwise your test will be rescheduled. You may take small sips of water up to 2 hours before the test, including your morning medications.***
- **Failure to stop acid reducing medications as instructed before the 24h pH study will result in cancellation of your test. Please call 415-502-4444 if you have questions regarding your medications.**
- Please refrain from applying any makeup or lotion to your face on the day of your appointment.

FREQUENTLY ASKED QUESTIONS:

Will my activity and diet be restricted during the 48 hour study?

- No. It is important to continue your usual activities and eat your usual diet as much as you are able to tolerate. The only restriction is to not get the machine wet.

What sensations can I expect during the 48 hour study, and what can I do about them?

- Some patients may feel throat discomfort when they swallow, especially those with severe reflux. For relief, we recommend throat lozenges like Cepacol, throat spray like Chloraseptic, or Tylenol. You can also gargle saltwater or sip warm liquids as a natural remedy.