

# 基于 Bravo pH 监测的上消化道内镜检查

## EGD With Bravo pH Monitoring

Please review all the instructions about your test and prep as soon as you get them, so you can prepare.

### Important to know

- If you are allergic to nickel, please tell your healthcare provider before scheduling this test so that a nickel-free device can be arranged for you.
- You **CANNOT** have this test if you have a cardiac pacemaker, defibrillator, or Holter monitoring. These devices may cause problems with the Bravo recording. Please call your health care provider to discuss other options.
- **Acid reducing medicines must be stopped days before your test.** See details in these instructions.
- **An adult must take you home after the test.** If you are taking a cab, bus, or medical transportation service home after the test, an adult, other than the driver, needs to ride with you for your safety. Medicine given to help you relax during the test will affect your judgment and reflexes much of the day.
- If you have questions or are unable to keep this appointment, please contact the healthcare provider who is doing your test.

#### Medicine Changes Before Your Procedure

You may need to make changes to your medicines many days before your procedure. Read carefully the medicine change information at [go.osu.edu/pted5423](http://go.osu.edu/pted5423) or review the copy with these instructions. These include blood thinners, medicines for diabetes, weight loss, heart conditions, and others. **If you do not review and make the needed medicine changes, your procedure may need to be rescheduled.**

请尽快查看有关检查和准备的所有说明，以便做好准备。

### 重要须知

- 如果您对镍过敏，请在安排此项测试前告诉您的医疗保健提供者，以便为您安排无镍器械。
- 如果您需要心脏起搏器、除颤器或动态心电图监测，则不能进行此检查。这些器械可能会导致 Bravo 记录出现问题。请致电医生讨论其他选择。
- 在检查前数天必须停用降酸药物。具体说明详见本指南。
- 检查结束后，必须由一名成人护送回家。如果在检查结束后乘坐出租车、公交车或医疗交通服务车辆回家，除驾驶员以外需由一名成人陪同，以确保您的安全。检查期间，医生将提供药物帮助您放松，但是此药物会对判断力和反应能力产生影响，且可能持续作用大半天的时间。
- 如果您有疑问或无法赴约，请联系正在为您提供检查的医疗保健提供者。

#### 手术前药物变更

您可能需要在手术前几天变更药物。请访问 [go.osu.edu/pted5423](http://go.osu.edu/pted5423)，仔细阅读药物变更信息，或查看提供这些说明的副本。包括血液稀释剂、糖尿病药物、减肥药物、心脏病药物等。如果您未能查看并做出必要的药物变更，您的手术可能需要重新排定时间。



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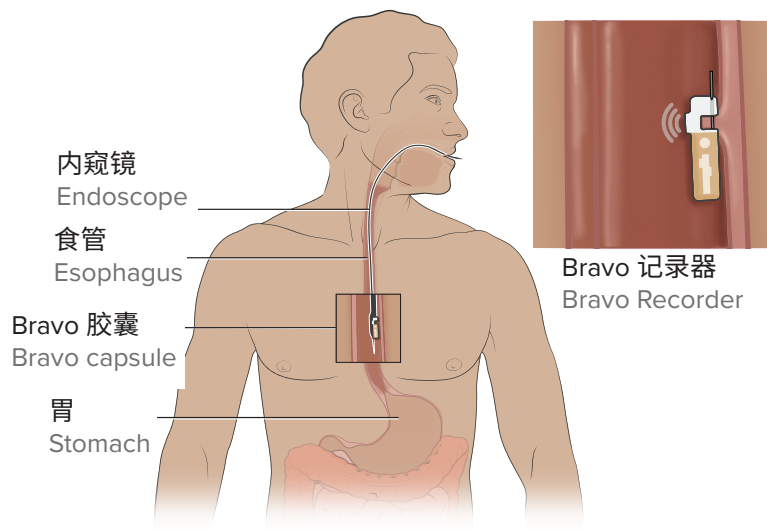
WEXNER MEDICAL CENTER

## About your test

An EGD is also called an **upper endoscopy**. It is done with a narrow, flexible tube that has a camera and lights that goes in through your mouth into the upper digestive tract. It allows your provider to look into your esophagus, stomach, and part of the small intestine, called the duodenum.

During the EGD, your provider will attach a tiny capsule called a Bravo pH monitoring device to the lining of your esophagus, the food pipe that connects your throat to your stomach.

This capsule checks the acid content (pH) in your esophagus. It also checks how often you have abnormal backflow (reflux) of stomach acid into your esophagus. The Bravo test helps your provider better understand your symptoms and make plans for your treatment.



## 关于检查

EGD 也称为上消化道内镜检查。此检查使用一根顶端带有摄像头和照明灯的纤细软管完成，软管将穿过您的口腔，进入上消化道。医生可借助该设备查看您的食管、胃以及名为十二指肠的部分小肠。

EGD 期间，医生会将 Bravo 胶囊附着在您的食管粘膜上监测 pH 值，食管即连接咽喉和胃的进食管道。

该胶囊可测定食管中的酸含量 (pH 值)。它还可分析胃酸异常回流 (反流) 到食管的频率。Bravo 检查有助于医生更好地了解您的症状并制定治疗计划。

## Acid reducing medicines

- **7 days before the test**, you will need to stop taking the following medicines **unless directed otherwise by your provider**. **If you do not stop these medicines 7 days before the test, the test will have to be rescheduled.**
- These medicines include:
  - dexlansoprazole (Dexilant)
  - esomeprazole (Nexium)
  - lansoprazole (Prevacid)
  - omeprazole (Prilosec)
  - omeprazole and sodium bicarbonate (Zegerid)

## 抗酸药物

- 在检查前 7 天，您需要停止服用以下药物，**除非您的医生另有指示**。如果在检查前 7 天您未停药这些药物，检查将不得不另外择期。
- 这些药物包括：
  - 右兰索拉唑 (Dexilant)
  - 埃索美拉唑 (Nexium)
  - 兰索拉唑 (Prevacid)
  - 奥美拉唑 (Prilosec)
  - 奥美拉唑和碳酸氢钠 (Zegerid)

- pantoprazole (Protonix)
- rabeprazole (Aciphex)
- vonoprazan (Voquezna)
- **3 days before the test**, you will need to stop taking the following medicines:
  - cimetidine (Tagamet)
  - famotidine (Pepcid)
  - nizatidine (Axid)
- **You may take antacids**, such as Alka-Seltzer, Gaviscon, Gelusil, Maalox, Milk of Magnesia, Mylanta, Rolaid, Pepto-Bismol, Tums, and others, **up until the evening before the test.**

## One day before your test

- You may have your normal diet the day before your test.
- If you have a history of gastroparesis or achalasia, a liquid diet is recommended for the day before your test.
- You should not smoke or vape the day before and on the day of your test.
- If there are major changes to your health, please contact the healthcare provider who is doing your procedure. Your procedure may need to be changed for your safety

## Evening before your test

- **You may eat your regular meals until 11 p.m. the night before your test.** Do not eat any solid food or eat or drink any milk products until after your test is done.
- **You can drink clear liquids up to 4 hours before your test (no red or purple).**

### Okay to have:

- Water, flavored water, or ice chips
- Coffee or tea with no milk or cream
- Ginger ale or lemon-lime soda
- Fruit juices you can see through, such as apple or white grape

- 泮托拉唑 (Protonix)
- 雷贝拉唑钠 (Aciphex)
- 冯诺普拉赞 (Voquezna)
- 在检查前 3 天，您需要停止服用以下药物：
  - 西咪替丁 (Tagamet)
  - 法莫替丁 (Pepcid)
  - 尼扎替丁 (Axid)
- 您可以服用抗酸药，如 Alka-Seltzer, Gaviscon, Gelusil, Maalox, 镁乳, Mylanta, Rolaid, Pepto-Bismol, Tums 等，直至检查前一天晚上。

## 检查前 1 天

- 您在检查前一天可以正常饮食。
- 如果您有胃轻瘫或贲门失弛缓症病史，建议在检查前一天采用流食。
- 请勿在手术前一天及当天吸烟或使用电子烟。
- 如果您的健康状况发生重大变化，请联系将为您提供手术的医疗保健提供者。为了您的安全，我们可能需要对您的手术做出变更。

## 检查前一天晚上

- **您可在接受检查的 8 小时前正常进食。** 请勿食用任何固态食物或食用或饮用任何乳制品，直至检查结束。
- **最晚在检查前 4 小时前饮用透明（非红色或紫色）液体。**

### 可食用项目包括：

- 水、调味水或冰块
- 未添加牛奶或奶油的咖啡或茶
- 姜汁汽水或柠檬味汽水
- 透明果汁，如苹果汁或白葡萄汁

- ▶ Gatorade, other sports drinks, or other drink mixes like Kool-Aid
- ▶ Popsicles (no fruit or cream)
- ▶ Jell-O or other gelatin without fruit
- ▶ Clear broth or bouillon
- ▶ Gatorade, 其他运动饮料或 Kool-Aid 等其他混合饮料
- ▶ 冰棍（不含水果或奶油）
- ▶ 果冻或其他明胶水果
- ▶ 清炖肉汤或肉汁

## Morning of your test

**Plan to arrive at the arrival time on your letter,** so the staff can get you ready.

- Take your allowed medicines with a **sip of water up to 2 hours before your test.**
- Please leave all valuables and jewelry including piercings at home.
- For patients who are able to become pregnant, be prepared to give a urine sample in case a pregnancy test is needed
- Your driver must be present when you sign in to proceed with your test.
- Bring these with you to your test:
  - ▶ A list of all medicines, including prescription and over the counter medicines, and any vitamin or herbal products you are taking
  - ▶ A list of your allergies
  - ▶ List of medical conditions and previous surgeries
  - ▶ A copy of advanced directives, such as a living will or power of attorney
  - ▶ Your photo identification, insurance card, and co-payment, if needed
- **If you have an implanted stimulator device,** it should be turned off before your procedure. Please bring the remote with you on the day of the procedure.

## 检查当天早晨

**提前计划以根据您的排号按时抵达，**以便工作人员能帮您做好准备。

- 在检查前 2 小时内，您可啜饮一小口水服用允许的药物。
- 请将所有贵重物品和珠宝留在家中，包括穿刺饰品。
- 可能怀孕的患者需要提供尿样，以防需要进行妊娠检查。
- 在您进入医疗机构接受检查时，驾驶员必须在场。
- 前来接受检查时，请随身携带以下物品：
  - ▶ 一份您正在使用的所有药物的清单，包括处方药和非处方药以及任何维生素或草药
  - ▶ 一份您的过敏清单
  - ▶ 一份病情和既往手术的清单
  - ▶ 一份预立医疗指示的副本，如生前遗嘱或授权委托书
  - ▶ 您的带照片的身份证明文件、保险卡和共付额证明（如需要）
- **如果您有植入式刺激装置，**在手术前应该将其关闭。请在手术当天随身携带遥控器。

- **If you have alcohol, marijuana, or illegal drugs in your system**, your procedure may be rescheduled for your safety.

## Having the test

- After you have registered, you will change into a hospital gown.
- A nurse will review your medicine list and medical history.
- An intravenous (IV) line will be placed to give you medicine during the test. Let the nurse know right away if you have had problems having an IV placed in the past.
- When the nurse has you ready, you will be taken to a private room, where your test will be done.
- You will be given a consent form to read over. Your provider will talk to you, and go over the consent form. Ask any questions you have about the test before you sign the form.
- You will be given medicines in your IV to help you relax. You will likely rest on your left side.
- Your throat may be sprayed with a numbing medicine.
- Your provider will pass another tube through your mouth and into your esophagus, stomach, and duodenum.

## After the test

- You will be taken to a recovery area for 30 to 45 minutes.
- You will then change back into your clothes.
- Your provider will speak with you and your family member before you leave.
- Plan to take the day off of work and rest at home after the test.

- **如果您体内有酒精、大麻或非法药物**，为了您的安全，我们会重新安排您的手术时间。

## 接受检查

- 完成登记后，您将换上检查服。
- 护士将检查您的药物清单和病史。
- 护士将置入静脉输液 (IV) 管，以便在检查期间对您给药。如果您既往置入静脉输液管时曾出现问题，请立即告知护士。
- 当护士帮您做好准备后，您将被带往一处私密的房间进行检查。
- 您将获得一份知情同意书，供您仔细阅读。医生将与您谈话并说明知情同意书的内容。在签署知情同意书前，请就此检查提出您的任何疑问。
- 我们将通过静脉输液管对您给药，帮助您放松。您有可能采取朝左侧躺的姿势。
- 可能会在您的咽喉喷洒麻醉药物。
- 医生会将另一条软管穿过您的口腔，进入食管、胃和十二指肠。

## 检查后

- 您将被带往恢复区，等候 30 至 45 分钟。
- 您随后会换回自己的衣服。
- 在您离开前，医生将与您和您的家人谈话。
- 请提前请好假，因为您检查结束后应在家休息。

- The medicine given during the test can cause you to have memory changes and impair your judgment much of the day. You should not drive, operate machinery, drink alcohol, or make any legal decisions until the day after your test.
- You will need to **continue to stop taking the medicines listed or as your doctor instructed for 48 hours after the Bravo pH monitoring device is placed.** Talk to your health care team if you have questions about when to restart your medicines.
- Mail the recorder back to us in the pre-paid, pre-addressed UPS or USPS box when your test is done.
- 检查期间所用的药物可能导致记忆变化，并影响您的判断力，该作用可持续大半天。在检查后的第二天之前，请勿开车、操作机器、饮酒或做出任何法律决定。
- 放置 Bravo pH 监测装置的 48 小时内，您仍需停用本指南列出的或医生指示的药物 **48 小时**。如您对何时重新开始服药有疑问，请与您的医疗护理团队联系。
- 在您的检查完成后，请使用邮资已付且预先载明地址的 UPS 或 USPS 盒子将记录表寄回给我们。

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**本手册仅供参考。如对您的治疗有任何疑问，请咨询医生或医疗护理团队。**如需了解更多健康信息，请致电 614-293-3707 或发送邮件至 [health-info@osu.edu](mailto:health-info@osu.edu)。联系 Library for Health Information.

**This handout is for informational purposes only. Talk with your doctor or healthcare team if you have any questions about your care.** For more health information, contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).