

Baaritaanka Aashitada iyo pH Hunguriga

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 are not able to keep your appointment, please contact the healthcare provider who is doing your test.

Fadlan eeg dhammaan tilmaamaha ku saabsan baaritaankaaga sida aad iskugu diyaarinayso isla markiiba mar haddii aad gacanta ku dhigtid, si markaas aad u diyaarisid.

Waxyaabaha ay muhiim tahay in la ogaado

- Haddii aad xasaasiyad ku qabtid maar, fadlan u sheeg bixiyahaaga daryeelka caafimaadka ka hor intaadan muddeysan baaritaankan si qalab aan maar lahayn laguugu diyaariyo.
- MA samayn kartid baaritaankan haddii uu kugu xeran yahay dejiyaha garaaca wadnaha, qalabka giriirka wadnaha, ama la socdaha laxanka wadnaha. Qalabyadani waxay dhibaato ku keeni karaan duubista Laabjeexa (Bravo). Fadlan wac bixiyaha daryeelka caafimaadkaaga si aad ugala hadasho ikhtiyaarada kale.
- Daawooyinka yareeya aashitada waa in la joojiyaa maalmo ka hor baaritaankaaga. Faahfaahinta ka eeg tilmaamahan.
- Qof weyn waa inuu guriga ku geeyo baaritaanka kadib. Haddi aad u raacayso taksi, bas, ama adeegga gaadiidka caafimaadka guriga kadib baaritaanka, qof weyn, aan aheyn darawalka ayaa loo baahanyahay inuu ku raaco si aad u badqabto. Daawada lagu siiyo inay kaa caawiso inaad isdajiso inta lagu gudajiro baaritaanka waxay saameyn doontaa go'aan qaadashadaada iyo dhaqdhaqaaqaaga jireed inta badan maalinta.

Haddii aadan awoodin inaad ilaaliso ballantaada, fadlan la xiriir bixiyaha daryeelka caafimaadka kaas oo sameynaya baaritaankaaga.



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

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/pted5355 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.**

Isbeddellada Ku dhacaaya Dawooyinka aad Qaadanayso Kahor Baaritaankaaga

Waxaad u baahnaan doontaa inaad isbeddello ku samaysid daawooyinkaada dhowr maalmood ka hor baaritaankaaga. Si taxadar leh u akhri macluumaadka ku saabsan isbeddelka daawada ee ku yaala bogga go.osu.edu/pted5355 ama dib u eeg nuqulka leh tilmaamahan. Daawooyinkan waxaa ka mid ah dawooyinka dhiiga khafiifiya, dawooyinka sokorta, kuwa miisaanka lagu yareeyo, kuwa xanuunada wadnaha lagu daweyo, iyo kuwa kale. **Haddii aadan dib u eegin oo aad sameynin isbedellada daawada ee loo baahanyahay, baaritaankaaga wuxuu u baahnaan donaa in dib loo dhiggo.**

About your test

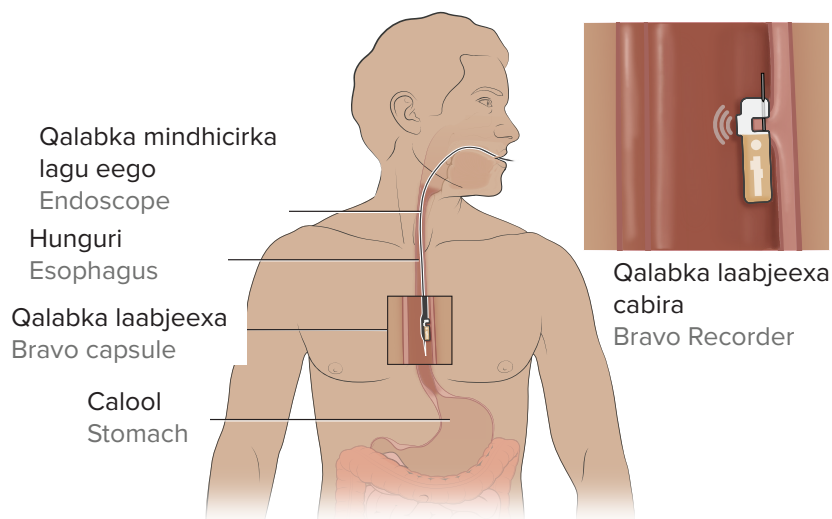
An EGD is also called an upper GI endoscopy. It is done with a narrow, flexible tube that has a camera and lights that goes in through your mouth into the upper digestive tract. It allows your provider to look into your esophagus, stomach, and part of the small intestine, called the duodenum.

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.

Ku saabsan baaritaankaaga

EGD waxaa sidoo kale loo yaqaanaa gelinta jirka kaamarada lagu eego. Waxaa lagula sameeyaa tuubo ciriiri ah, oo dabacsan oo leh kaamiro iyo iftiimo ee ka gashaa afka illaa mareenka dheefshiidka. Waxay u ogolaataa bixiyaha inuu arko dhuuntaada, caloosha, iyo qeyb ka mid ah mandhaciirka yar ee loo yaqaan xundhurta.

Inta lagu gudajiro raajada EGD, bixiyahaagu wuxuu ku dhejin doonaa qalab yar oo la yiraahdo Bravo pH xuubka hunguriga, cunto-mareenka isku xira dhuuntaada iyo calooshaada.



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.

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)
 - 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 your test.**

Qalabkan yar wuxuu baaraa aashiidhka (pH) hungurigaaga. Wuxuu sidoo kale baaraa inta jeer ee aad qabto dib u soo gedin cunto aan caadi ahayn (laabjeex) oo aashitada caloosha ee ku jirta hungurigaaga. Baaritaanka Bravo ayaa ka caawiya bixiyahaaga inuu si fiican u fahmo calaamadahaaga iyo inuu qorshayaal u sameeyo dawayntaada.

Daawooyinka yareeya aashitada

- **7 maalmood kahor baaritaanka**, waa inaad joojiso qaadashada daawooyinka soo socda haddii uusan wax kale ku farin bixiyahaaga mooyaane. **Haddii aadan joojin daawooyinka 7 maalmood kahor, baaritaanka waa in dib loo dhigaa.** Daawooyinka waxaa ka mid ah:
 - dexlansoprazole (Dexilant)
 - esomeprazole (Nexium)
 - lansoprazole (Prevacid)
 - omeprazole (Prilosec)
 - omeprazole iyo sodium bicarbonate (Zegerid)
 - pantoprazole (Protonix)
 - rabeprazole (Aciphex)
 - vonoprazan (Voquezna)
- **3 maalmood kahor baaritaanka**, waa inaad joojiso qaadashada daawooyinka soo socda:
 - cimetidine (Tagamet)
 - famotidine (Pepcid)
 - nizatidine (Axid)
- **Waad qaadan kartaa daawooyinka kahortaga aashitada**, sida Alka-Seltzer, Gaviscon, Gelusil, Maalox, Milk of Magnesia, Mylanta, Rolaid, PeptoBismol, Tums, iyo kuwo kale, **ilaa fiidka ka horreeya baaritaanka.**

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 after that up to 4 hours before your test.** These clear liquids are allowed, but avoid all red colored liquids:
 - Water
 - Fruit juices that you can see through such as apple, white cranberry or white grape
 - Popsicles or ice chips
 - Ginger ale or lemon-lime soda
 - Gatorade, other sports drinks or other drink mix like Kool-Aid
 - Clear broth or bouillon
 - Gelatin
 - Coffee or tea (no milk or cream added)

Hal maalin ka hor baaritaankaaga

- Waad qaadan kartaa cuntadaada caadiga ah maalin ka hor baaritaankaaga.
- **Haddii aad horey usoo qabtay xanuunka gaaska ama bararitaanka tuubada caloosha**, cunto dareere ah ayaa lagugula talinayaa inaad cunto maalinta ka horeyso baaritaankaaga.
- Waa inaad cabbin sigaar ama shiishada dhijitaalka ah (vape) maalinta ka horeysa iyo maalinta laguugu sameynayo baaritaankaaga
- Haddii ay jiraan isbadalo waaweyn oo ku yimaadda caafimaadkaaga, fadlan la xiriir bixiyaha daryeelka caafimaadka kaas oo samaynaya baaritaankaaga. Baaritaankaaga ayaa la baajin karaa si loo ilaaliyo badqabkaaga.

Qaado dareere nadiif ah fiidkii kahor baaritaankaaga

- **Waxaad cuni kartaa cuntadaada caadiga ah ilaa 11 habeennimo. habeenka ka horreeya baaritaankaaga.** Ha cunin cunto adag ama ha cunin ama ha cabin wax kasta oo caano ah ilaa inta laga samaynaayo baaritaankaaga.
- **Cab cabbitaano cad markaas kadib ilaa 4 saacadood kahor baaritaankaaga.** Dareerahan cad waa la oggolyahay, balse ka fogow dhammaan biyaha midabka guduudan leh:
 - Biyaha
 - Miraha juuska waa aad iska dhax arki kartid, sida tufaaxa, karanberiga cad ama canabka cad
 - Popsicles or ice chips
 - Soodhada jiinjaha ama liimada
 - Gatorade ama cabbitaanada kale ee isboortiga ama cabbitaanada kale ee isku qasan sida Kool-Aid
 - Maraq cad ama maraqa hilibaha
 - Jelatiin
 - Kafeega ama shaaha (caanaha ama kariimka laheyn)

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

Subaxa baaritaankaaga

Qorshee inaad timaatid waqtiga imaanshaha ee warqadaada ku qoran, si shaqaalaha ay kuu diyaargareeyaan.

- Ku qaado dawooyinkaaga laguu oggolaaday **kabasho biyo ah ilaa 2 saacadood ka hor baaritaankaada.**
- Fadlan uga soo tag guriga dhammaan waxyaabaha qaaliga ah ama dahabka iyadoon laga rabaynin biraha kugu jira meelaaha aad duratay.
- Bukaanaada oo qaadi kara uur waxaa looga baahnaa karaa inay bixiyaan kaadi sambal ah haddii loo baahdo baaritaan uur.
- Darawalkaagu waa inuu joogaa markaad imaanayso si aad u sii gasho baaritaanka.
- La imow kuwaan baaritaanka:
 - Liiska daawooyinka, oo ay ku jiraan qoraalada dhaqtarka iyo daawooyinka dukaanka laga iibsado, iyo fitamiin walba ama waxyaabaha aad qaadaneysid
 - Liis taxaaya waxyaabaha aad xasaasiyad ku qaabtid
 - Liiska xaaladaha caafimaad iyo qaliinada hore
 - Nuqulka dardaraanakaaga hore, sida rabitaanka dardaraan jira ama matalaada qareenka
 - Sawirkaaga aqoonsiga, kaarka caymiska iyo lacagta go'an ee caymiska, haddii loo baahanyahay

- **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.

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.

- **Haddii uu jiro qalab loogu talagalay inuu wax fududeeyo oo lagu beeray jirkaaga**, waa in la damiyaa ka hor inta la samaynin baaritaankaaga. Fadlan la imow daara-demiyaha(rimuudka) maalinta baaritaankaaga.

Haddii jirkaada uu ku jiro khamri, marijuana mise maandooriyaasha sharci dara ah, baaritaankaaga dib ayaa loo dhigi donaa si loo ilaaliyo badqabkaaga.

Sameynta baaritaanka

- Kadib markaad isdiiwaangelisid, waxaad badeleysaa waxaa lagu xirayaa dharka isbitaalka.
- kalkaalisoo ayaa eegeyso liiska daawadaada iyo taariiqda caafimaadka.
- Faleebada (IV) ayaa lagu xirayaa si lagaaga siiyo daawo inta lagu jiro baaritaanka. Kalkaalisada ha ogaato isla markaas haddii aad hdibaato ku qabtay xirista faleebada IV ee horay lagu geliyay.
- Markii kalkaalisada ku diyaariso, waxaa lagu geynayaa qol gaar ah, halkaas oo baaritaankaaga lagu sameynayo.
- Waxaa lagu siinayaa foomka ogolaanshaha inaad dulmartid. Bixiyaha ayaa kula hadli doona, wuxuuna dulmari doonaa foomka oggolaanshaha. Weydii su'aalo walbo ee aad ka qabtid baaritaanada ka hor inta aadan saxiixin foomka.
- Waxaa laguugu siinayaa daawooyinka faleebada IV oo adiga ku seexiso. Waxaad inta badan ku seexaneysaa dhinacaaga bidix.
- Dhuuntaada waxaa laga yaabaa in lagu buufiyo daawada kabaabiso.
- Bixiyaha ayaa gelin doona tuugbo kale gudaha afkaaga ilaa hungurigaaga, calooshaada, iyo xundhurtaada.

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.
- 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.

Baaritaanka kadib

- Waxaa lagu geynayaa aag aad ku soo kabsatid waxaadna ku jiri muddo 30 illaa 45 daqiiqo ah.
- Waxaad intaa kadib xiranaysaa dharkaaga.
- Bixiyahaaga daryeelkaaga caafimaad ayaa adiga iyo xubinta qoyskaaga idin la hadli doona kahor inta aadan bixin.
- Qorshey inaad maalintaa fasax qaadatid oo aad guriga ku nasatid baaritaanka kadib.
- Daawada la bixiyay inta lagu gudajiray baaritaanka waxay sababi kartaa inaad yeelato isbeddel xasuus oo ay saamayso go'aan qaadashadaada maalinta inteeda badan. Waa inaad kaxeeyn, ku shaqayn mishiin, cabin khamri, ama aadan samayn wax go'aano sharci ah ilaa maalinta ka dambaysa baaritaankaaga.
- Waxaad u baahan doontaa inaad **sii waddo joojinta qaadashada daawooyinka la soo taxay ilaa 48 saacadood kadib marka lagugu baaro qalabka baaritaanka aashitada iyo alkaleenka hunguriga ee Bravo pH.** La hadal kooxda daryeelka caafimaadkaaga haddii aad qabto su'aalo ku saabsan xilliga aad dib ubilaabi kartid daawooyinkaaga.
- Dib noogu soo dir boostada qalabka baarista ee ku jira sanduuqa UPS ama USPS ee lacagtiisa horay loo sii bixiyay, cinwaankiisa horay loogu soo qoray ama marka baaritaankaaga aad dhammayso.

Buug-gacmeedkan waxaa loogu talagalay macaluumaad kaliya. La hadal dhakhtarkaaga ama kooxda daryeelka caafimaadka haddii aad qabto wax su'aalo ah oo ku saabsan daryeelkaaga. Wixii macluumaad caafimaad oo dheeraad ah, kala xariir Maktabada Macluumaadka Caafimaadka 614-293-3707 ama health-info@osu.edu.

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.