

Welcome

At Benefis Gastroenterology, our mission is to serve you with comprehensive, personalized, effective gastrointestinal treatment, and to promote your ongoing health and wellness.

This packet includes important information regarding your upcoming procedure, such as:

- **What to eat and when**
- **Driving arrangements**
- **Preparation Instructions**

Your procedure is scheduled for: _____.
Date

Please arrive at _____ a.m. / p.m.
Time

Your provider is _____.

Procedure Location:

Benefis Endoscopy
5th Floor, South Tower
Benefis East Campus
1101 26th Street South
Great Falls, MT 59405

If you need to cancel or reschedule your procedure, please notify us as soon as possible by calling **(406) 731-8384**.

Preparing for Your Upper Endoscopy Procedure (EGD) with BRAVO Monitoring

Please carefully follow the procedure instructions, which are necessary for the safety of your procedure. If you have any questions, please call (406) 731-8384 and ask to speak to a nurse.

One Week Before Your Procedure:

- **If you are taking any of the blood thinning medications listed below**, please consult your cardiologist or prescribing provider about stopping your blood thinning medication ahead of time. Please let us know immediately if the time frames listed below are not acceptable to that provider.
 - **Brilinta (Ticagrelor)** Stop taking five (5) days prior to your procedure.
 - **Coumadin (Warfarin)** Stop taking five (5) days prior to your procedure.
 - **Effient (Presugrel)** Stop taking seven (7) days prior to your procedure.
 - **Eliquis (Apixaban)** Stop taking two (2) days prior to your procedure.
 - **Plavix (Clopidogrel)** Stop taking seven (7) days prior to your procedure.
 - **Pradaxa (Dabigatran)** Stop taking five (5) days prior to your procedure.
 - **Savaysa (Edoxaban)** Stop taking one (2) day prior to your procedure.
 - **Xarelto (Rivaroxaban)** Stop taking two (2) days prior to your procedure.
 - **Pletal (Cilostazol)** Stop taking four (4) days prior to your procedure.
 - **Elmiron (Pentosan Polysulfate Sodium)** Stop taking two (2) days prior to your procedure.

Stop taking Proton Pump Inhibitors (PPIs) SEVEN DAYS before your procedure. These medications include Prilosec (omeprazole), Nexium (esomeprazole), Protonix (pantoprazole), Dexilant (dexlansoprazole), and Aciphex (raberprazole).

Stop taking H2 antagonists THREE DAYS before your procedure. These medications include Axid, Pepcid, and Tagamet.

Stop taking antacids 24 HOURS before your procedure. These medications include Gaviscon, Maalox, Mylanta, Roloids, and Tums

Contact your insurance company to determine if pre-authorization is required. **DO** not assume your procedure is automatically covered. You may still be responsible for a deductible or copayment.

No solid foods, hard candies, gum, lozenges, or chewing tobacco starting at midnight the day of your procedure.

You may have clear liquids (no purple or red) up to four hours before the procedure, then nothing to eat or drink until after your procedure is complete.

Examples of Clear Liquids: broth, clear juice, water, soda, Gatorade, popsicles, Jello-O, and Coffee (Do NOT add milk, cream, or a non-dairy creamer).

The Morning of Your Procedure:

- **If you are on anti-seizure or beta-blocker medications**, make sure to take them on the morning of your procedure. You can take these with small sips of water.
- **Do not take diuretics or long- or short- acting diabetic medication (including oral medication)** the morning of your procedure. If you are diabetic, make sure to check your blood sugar the morning of your procedure. Contact your endocrinologist or primary care provider with questions.

What to Expect from Your EGD Procedure with BRAVO Monitoring:

A nurse will start an IV when you arrive for your procedure. The nurse and provider will explain the procedure and answer any questions you may have. Before the procedure begins, a mouthpiece will be placed in your mouth that protects your teeth from the scope and keeps your mouth open. After the mouthpiece is placed, an anesthesia provider or a nurse directed by the physician will give you medication through your IV to make you sleepy. While under sedation, a lighted flexible tube will be passed through your mouth into your esophagus, stomach, and the duodenum (the first part of the small intestine). Biopsies can be taken, if necessary, but you will not feel this during the procedure. The physician will take a capsule about the size of a pencil eraser and attach it to the lower lining of your esophagus. You will be monitored closely throughout the procedure. Please let the nurse and provider know if you have any questions.

After the procedure is complete, you will be taken to a recovery room to rest. It is common for some patients to feel the capsule in their esophagus. Once you are awake, the physician will come and discuss the procedure results with you. You will receive written and verbal instructions upon discharge.

After Your Procedure:

It is your responsibility to have someone take you home from the hospital; you cannot drive after the procedure due to the IV sedation.

It is **required** that someone stay with you until the next morning. You should avoid operating any machinery, going to work, or signing any legal documents for the rest of the day.

You should be able to return to work the next day.

What You Need to Do from Home After Your Procedure:

Once attached to your esophagus, the BRAVO capsule measures pH levels via signals to a BRAVO receiver that's about the size of a cellphone and can be attached to your waistband or belt. You will need to keep the receiver within three feet of you at all times. You can shower and bathe, but make sure the receiver is within three feet of you without getting wet.

It is important that you maintain all regular activities as much as possible to obtain an accurate assessment of your reflux throughout a 96-hour period. This includes maintaining typical meals, activities, exercise, sleep, etc. while the BRAVO capsule and receiver are in place.

After the 96-hour study is complete, you need to return the transmitter and instructions to Benefis Gastroenterology. If you do not return the receiver, you will be responsible for its cost and you will not receive test results.

What Happens to the BRAVO capsule?

Several days after the study, the capsule will naturally detach from the esophagus and pass through your digestive tract. If you have an MRI scheduled within 30 days of the procedure, it should be rescheduled for at least 30 days after the BRAVO capsule placement.

Additional Resources:

Benefis Financial Counselors

(406) 455-3535

Benefis Medical Records

(406) 455-5642

Benefis Native American Welcoming Center


(406) 455-5197

Benefis Gastroenterology Clinic

(406) 731-8394

48-96 Hour Bravo™ pH Recorder and Diary Instructions

The purpose of this test is to measure how much acid reflux you are having and how often.





Note: When the symptom screen is showing, press symptom buttons once


Press the fork and knife button when you start eating, snacking, or drinking AND again when you finish.


***Note:** When the screen is blank, press any button once to "wake up" the recorder and then press the symptom or activity button

***Press the bed button when you lie down 45 degrees or lower AND again when you get up.**

Press  for chest pain or pressure

Press  for heartburn

Press  for cough, regurgitation, or belch


*45 degrees

Lights and Alarms:



After pressing one of the symptom buttons, a green light will turn on for 3 seconds and a beep will be heard to tell you the symptom was recorded.



A blue light will flash one time every 12 seconds when box is recording.



If the box starts to beep and the flashing blue light turns red, hold the box to your chest to re-establish the wireless communication. The beeping will eventually stop and the red light will become blue again.

If you are on a weight loss or diabetic medication not listed below, please call 406-731-8384 to speak with a nurse regarding pre-procedure medication requirements.

To prepare for your upcoming procedure/surgery:

DAILY Exenatide (Byetta®) Liraglutide (Victoza®) Lixisenatide (Adlyxin®) Semaglutide tablets (Rybelsus®)	STOP 2 days prior to surgery date	GLP-1 Receptor Agonists
WEEKLY Albiglutide (Tanzeum®) Dulaglutide (Trulicity®) Exenatide XR (Bydureon®) Tirzepatide (Mounjaro®) Semaglutide (Ozempic®, Wegovy®)	STOP minimum 7 days before surgical date; STOP 14 days if possible	GLP-1 Receptor Agonists
Canagliflozin (Invokana®) Dapagliflozin (Farxiga®) Empagliflozin (Jardiance®) Bexagliflozin (Brenzavvy®)	STOP 3 days prior to surgery date	SGLT2-Inhibitors
Ertugliflozin (Steglatro®)	STOP 4 days prior to surgery date	

If you are taking these medications **daily**, you will want to **STOP** taking them two days prior to your procedure and **DO NOT** take day of your procedure/surgery.

If you are taking these medications **weekly**, you will want to **STOP** taking them seven days prior to your procedure and **DO NOT** take day of your procedure/surgery.

If you are unable to stop this medication you will want to consult with your prescribing provider.

If these medications are not stopped following the appropriate guidelines your procedure/surgery may be canceled and rescheduled.

Benefis Surgical Services & Endoscopy

Your Care with *Epic*!

We have a new look with our upgraded electronic medical record system!

You may notice changes to our processes. Epic allows us to offer many important features, including a single bill for hospital and provider services.



Benefis Health System is excited to usher in a new era of patient care with Epic MyChart, our new patient portal.

With MyChart, you'll be connected to more tools than ever to help you take charge of your health. It is the top-ranked medical app and used by 178 million people worldwide.

In Epic MyChart, you can:

- Access your health records and message your providers.
- Schedule appointments and request medication refills.
- Get screening reminders.
- Ensure providers even at different locations have the most up-to-date information about your care.
- Pay your bill and take advantage of prompt pay discounts.
- Support family members through medical care, even if you're a thousand miles away.
- Complete appointment-related questionnaires in advance of your appointment right from your phone!

Your health records are secure and safe with Epic's cutting-edge technology.

To sign up for MyChart, scan the QR code below or visit Benefis.org/MyChart.

