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Esophageal PH Testing (Bravo) Easier Test For Acid Reflux Now Available

For some people with gastroesophageal reflux disease (GERD), also known as acid reflux, the worst part of diagnosis is wearing a 24-hour pH monitor inserted through the nose and into the esophagus.

Today, a patient-friendly breakthrough diagnostic procedure, available locally only through Professional Gastroenterology & Surgery Associates, has replaced this aspect of diagnosis, and allows patients who were reticent to have the important test to begin receiving the care they need sooner.

The Medtronic Bravo™ pH Monitoring System, consists of a capsule (about the size of a gelcap) that is temporarily attached to the esophageal wall and transmits 24 or 48 hours of pH data through radiotelemetry to a pager-sized receiver worn by the patient. The capsule is attached in an outpatient procedure performed in Professional Gastroenterology & Surgery Associates' endoscopy suite, and the patient goes

home and about his or her daily routine. Eventually, the capsule is sloughed off and passes normally through the digestive tract. Only the monitoring receiver is returned.

“With the Bravo system, patients can eat and drink normally, and it’s a comfortable alternative to the traditional technique,” says Akram Ismail, M.D., of Professional Gastroenterology. “Patients used to be required to wear the nasal catheter to monitor acid exposure. Some reported it made it hard to eat, and was uncomfortable. This new system gives us more data and diagnostic capability with minimal discomfort.”

GERD afflicts about 14 million adults in the U.S. alone. Most commonly, patients experience significant heartburn, acid regurgitation, difficulty swallowing, cough, sore throat, hoarse voice, chest pain, sleep disturbance, and breathing difficulties due to exacerbation of asthma.