



*Loma Linda Medical Center
GI Lab, Suite 1405
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Loma Linda, CA 92354
Ph: (909) 558-4668*

Upper Motility Preparation Instructions

- ☐ Esophageal Manometry
☐ 24hr Impedance
☐ BRAVO ☐ Other: _____

Check-in Date and Time: _____

Procedure Time: _____

INSTRUCTIONS:

Day of Procedure

- **Do NOT eat any solid food for six (6) hours before the procedure.** To make an accurate diagnosis, it is very important that your stomach be completely empty.
- You may have clear liquids up to **three (3) hours** before the procedure. Clear liquids include soda, sports drinks, coffee, tea, clear soup broth, Jell-O, popsicles, and clear fruit juices like apple juice or white grape juice. Avoid drinks or gelatins that are red and all alcoholic beverages.
- Please take blood pressure, heart, asthma, or anti-seizure medications as scheduled the morning of the procedure with sips of clear liquid. You may use your asthma inhaler the morning of the procedure.
- You will be awake for this procedure. Please allow 30 min to 1 hour for this test.
- Go directly to the outpatient check-in desk for financial clearance. Bring insurance cards and picture ID. You will receive 2 bills for these services: one from the hospital and one from the GI Physician. Be prepared to pay any co-pays or deductibles at the time of procedure.
- **For 24hr Impedance Patients:** Unless indicated by your physician you may **remain on** any acid medication for the duration of the exam. You will be discharged home with a recording device. You will be required to return to the GI lab 24 hours after the test.
- **For BRAVO Patients:** Unless indicated by your physician you must **remain off** any acid medication for 5 days prior to your procedure and throughout the duration of the test. You will be discharged home with a recording device. You will be required to return to the GI lab 48 hours after the test.
- Go directly to the outpatient check-in desk for financial clearance. Bring insurance cards and picture ID. You will receive 2 bills for these services: one from the hospital and one from the GI Physician. Be prepared to pay any co-pays or deductibles at the time of procedure.

We understand that unplanned issues can come up and you may need to cancel an appointment. If that happens, we respectfully ask for appointments to be cancelled at least 48 hours in advance. Our physicians & staff want to be available for your needs and the needs of all our patients. When a patient does not show up for a scheduled appointment, another patient loses an opportunity to be seen. Please call (909) 558-4668, option 2, to reschedule or cancel an appointment. We, the GI Lab staff and physicians at Loma Linda University Medical Center, wish to thank you for choosing us for your health needs.