



SmartPill Instructions

Prior to the EXAM:

Discontinue ALL of the following medication according to table below:

Days/Hours Before ingestion of SmartPill	Type of Medication	Examples
7 days	Proton Pump Inhibitors	Aciphex, Dexilant, Lansoprazole, Nexium, Omeprazole, Protonix, Zegrid
48 Hours	Histamine Blockers (H2 Blockers)	Pepcid, Tagament, Zantac
48 Hours	Motility-Altering	Amitiza, Cisapride, Domperidone, Ducolax, Laxatives, Linzess, Metoclopramide(Reglan), Miralax
48 Hours	Antiemetic's and 5HT3 Anatagonists	Kytril, Zofran
48 Hours	Macrolides	Erythromycin, Zithromycin
48 Hours	Anticholinergics	Compazine, Phenergan
48 Hours	5HT4 Partial Agonists	Zelnorm
24 Hours	Antacids	Gaviscon, Maalox, Mylanta, Pepto-Bismol, Tums, Rolaids
24 Hours and Duration of test	Alcohol	ALL Alcohol

Diabetic Patients:

1. Do not take oral diabetic medication (pills) the day of the appointment
2. If insulin is used at bedtime, take half of your usual dose.
3. If insulin is used twice a day, take half of your morning dose on the day of the exam.
 - Monitor Glucose levels according to normal Routine

If you have been DIAGNOSED with a GLUTEN INTOLERANCE or have a NUT ALLERGY please bring the following meal PREPARED/COOKED with you to your appointment. Otherwise a SmartBar will be provided.

Ingredients:

- ½ cup (120 g) Egg Beaters®, equivalent to the volume of 2 large egg whites; 60 kcal
- 2 slices of bread; 120 kcal
- 1.5 Tbsp. (30 g) strawberry jam; 75 kcal
- ½ cup (120 ml) water

1. The Evening Before the Test

- You must fast overnight before your test. Do not **eat** or **drink** anything after midnight (12 AM) the night before the test.
- Refrain from tobacco use during the fasting period.
- Refrain from alcohol consumption 24 hours before the test and for the duration of the test.

2. The Day of the Test

- Do not eat, drink, or smoke anything before going to the doctor's office. The SmartPill test will include a small meal that will be provided to you at the doctor's office.
- If you are a diabetic, take one half of your insulin dose, unless otherwise instructed by your doctor.
- You should arrive at the doctor's office at time of appointment.

3. For the Duration of the Test

- No food or tobacco use for six (6) hours after starting the test. **Food intake during the first six (6) hours after capsule ingestion will affect test results.** You may have small quantities of water (up to 8 oz. per hour) during the six (6) hours.
- ***Six (6) hours after capsule ingestion you may have Ensure or Boost***
- ***Seven (7) hours after capsule ingestion you may resume normal diet.***
- **Diabetic patients** should monitor glucose levels and follow their personal treatment plan. If there is any uncertainty contact your doctor.
- Refrain from all alcohol consumption until the SmartPill capsule has passed.
- Refrain from using laxatives, bowel cathartics, anti-diarrhea medications, and other medications that affect motility until the SmartPill capsule is passed.
- Avoid vigorous exercise such as sit-ups, abdominal crunches, and prolonged aerobic activity (greater than 15 minutes) until the SmartPill capsule has passed.
- During the test, **wait three (3) minutes in the restroom before flushing the toilet after each bowel movement.**
- The SmartPill recorder features an "EVENT" button. Press the EVENT button when you have a bowel movement and record the DATE and TIME of the EVENT in your diary. Your doctor may ask you to press the EVENT button for other events:
 - Bowel Movement
 - Eating a meal
 - Waking up and Going to sleep
- Return the recorder to your physician's office on Monday by 4:30 P.M.
- You must wear the SmartPill recorder on your body at all times for the duration of the test except when you bathe or shower. The recorder will be worn on a lanyard around your neck.

CAUTION:

*Do not bathe while wearing the recorder – when you shower or bathe, you must remove the recorder and place it as near to the shower or bathtub as possible.

*Do not use the lanyard when sleeping, but keep the recorder with you in bed.

Additional instructions from your physician:

WARNING

Do not have an MRI test while the SmartPill capsule is inside your body. Carry the warning card (below) at all times until your doctor confirms capsule exit.

MRI WARNING

I am currently undergoing a SmartPill test. SmartPill is an ingestible capsule device that restricts me from having an MRI.

If there are any questions, please contact my physician: _____ at

(719)635-7321