

SmartPill capsule prep instructions.

The SmartPill capsule is a capsule that is swallowed and then measures pressure, pH, and temperature inside the body to provide information about the motility or transit time through the stomach, small intestine, and colon.

Please report to:

MedStar Georgetown University Hospital
Main Building, Second Floor, Room M2210
3800 Reservoir Rd., NW
Washington, DC 20007

Things to bring

- Referral (if applicable). Fax to **202-444-4211** prior to your procedure, if possible.
- Your current insurance card(s), co-pay (if applicable), and a government-issued picture ID.
- A list of ALL of your current medications and allergies.

Questions? Nurse/Fellow contact

If you have any questions regarding your procedure, please call:

202-444-8541, Monday through Friday, 8:30 a.m. to 5 p.m. and ask to speak to a nurse.

202-444-7243, Monday through Sunday, 5 p.m. to 8:30 a.m. and ask for the GI Fellow on call.

Instructions

Following are detailed instructions to help you prepare for your capsule. Please read instructions in their entirety.

Preparing for your capsule

STOP medications used for treating acid reflux following the instructions below:

- These medications should be **STOPPED FOR 7 DAYS** before the test: proton pump inhibitors such as Prilosec (omeprazole), Nexium (esomeprazole), Aciphex (rabeprazole), Prevacid (lansoprazole), Protonix (pantoprazole), Zegerid (immediate release omeprazole), and Dexilant (dexlansoprazole).
- These medications should be **STOPPED FOR 2 DAYS** before the test: Zantac (Ranitidine), Tagamet (Cimetidine), Axid (Nizatidine), Pepcid (Famotidine)
- **STOP** medications such as TUMS, Gaviscon, Maalox, and Mylanta **ONE DAY BEFORE** the test.

STOP laxative medications such as Miralax (polyethylene glycol 3350), linzess, trulance, Amitiza (lubiprostone), Dulcolax (bisacodyl), Senna, Colace (docusate), Milk of Magnesia **FOR 2 DAYS** before the test.

STOP pro-motility medications such as Reglan (metoclopramide), Motilium (domperidone), erythromycin, and azithromycin **FOR 2 DAYS** before the test.

STOP opiate pain medications (oxycodone, hydrocodone, codeine, hydromorphone, fentanyl, morphine) if possible **FOR 2 DAYS** before the test.

If you have a history of difficulty swallowing, history of bowel obstruction, intestinal fistula, or strictures, please discuss with your doctor as this study may not be safe for you.

If you have a cardiac pacemaker, defibrillator or other implantable medical device, please discuss with your doctor as this test may not be safe for you.

The evening before the test

- You must fast overnight before your test. Do not eat or drink anything after 12 midnight 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.

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 may take your morning medications (except the ones listed above) with small sips of water. Be sure to take them at least 2 hours before your scheduled appointment time.

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If you have any questions or need to reschedule your procedure, please call 202-444-8541, Monday through Friday from 8:30 a.m. to 5 p.m. If you have any urgent questions between 5 p.m. and 7:30 a.m., please call 202-444-7243 and ask to speak to the GI fellow (a physician) on call.

For the duration of the test

- 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 can be worn on a lanyard around the neck or on a belt clip.

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.

CAUTION

Do not use the lanyard when sleeping, but keep recorder with you in bed. The recorder must be kept within 3 feet of you at all times.

- 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 1/2 cup total) during the six (6) hours.
- Six (6) hours after capsule ingestion you may resume your normal diet.
- Diabetic patients should monitor glucose levels and follow their personal treatment plan. If there is any uncertainty contact your doctor.
- Refrain from alcohol consumption until after the SmartPill capsule is passed.
- Refrain from using laxatives, bowel cathartics, anti-diarrhea medications, and other medications that affect motility until after the SmartPill capsule is passed.
- Avoid vigorous exercise such as sit-ups, abdominal crunches, and prolonged aerobic activity (greater than 15 minutes) until after the SmartPill capsule is passed.
- During the test, wait three (3) minutes in the lavatory 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:
 - Eating a meal
 - Nausea
 - Cramping/pain
 - Getting up in the morning
 - Going to bed at night
 - Vigorous activity

IMPORTANT! After 5 days, return the recorder to the GI department front desk (M2210). It needs to be returned by Friday before 4 p.m. for use the next week.

Check your stool over the next 7 days to look for the capsule. It is disposable and should be flushed with the stool if you see it. You do NOT need to save the capsule.

If you do NOT see the capsule in your stool after 7 days, please let your doctor know you have not seen the capsule. You may need to have an abdominal X-ray done to make sure the capsule is no longer in your intestinal tract.

WARNING!

After swallowing the capsule and until the time it is excreted, you must NOT be near a magnetic resonance imaging (MRI) machine or schedule an MRI examination.

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**It's how we
treat people.**