

## PREPARING FOR YOUR SMART PILL CAPSULE STUDY



612-871-1145 | [mngi.com](http://mngi.com)

### **7 days before the test:**

- Discontinue all proton pump inhibitor medications (Nexium®, Prilosec®, Prevacid®, Protonix®, Aciphex®, Dexilant®, Zegerid®)

### **2 days before the test:**

- Discontinue all motility altering medications (Reglan®, erythromycin, zithromycin)
- Stop all histamine blocker medications (Pepcid®, Zantac®, Tagamet®)

### **1 day before the test:**

- **24 hours before the test:** Stop drinking alcohol and do not drink alcohol for the rest of the test.
  - Stop all antacids (Mylanta®, Roloids®, Milk of Magnesia, Maalox®, Pepto-Bismol®)
- **After 11:45 pm:** Do not eat or drink anything. Do not use any tobacco during the fasting period.

If you have diabetes, ask your regular health care provider for diet and medication restrictions.

### **The day of your test:**

- Do not eat, drink or smoke anything before going to the doctor's office. The SmartPill test will include a small meal provided to you at the doctor's office.
- You may take your morning medications with a sip of water (with the exception of proton pump inhibitors, motility altering medications, histamine blockers and antacids).

### **For the duration of your test:**

- No food or tobacco use for 6 hours after starting the test. You may have a small amount (up to ½ cup) of water during the first six hours of the test.
- Six hours after capsule ingestion, you may resume your usual diet and tobacco use.
- Diabetic patients should monitor glucose levels and follow their personal treatment plan. If there is any uncertainty, contact your monitoring provider.
- Refrain from alcohol consumption until after the SmartPill capsule has passed.
- Refrain from using laxatives, bowel cathartics, anti-diarrheals and other medications that affect motility until you have passed the SmartPill.
- Avoid vigorous exercise such as sit-ups, abdominal crunches and prolonged aerobic activity (greater than 15 minutes) until after the SmartPill has passed.

### **Bring to your appointment:**

Insurance Card / Photo ID  
List of Current Medications

### **Cancel or Reschedule your appointment:**

*If you must cancel or reschedule your appointment, please call 612-871-1145 as soon as possible.*

## **DESCRIPTION OF SMART PILL CAPSULE STUDY**

### **What is a Smart Pill Capsule Study?**

The SmartPill will help your doctor determine if you have gastroparesis which is a condition that may slow food from emptying out of your stomach.

The Smart Pill Capsule Study enables the doctor to determine how long it takes food to travel through your stomach and intestines. You will swallow a vitamin-sized capsule that will send information about pressure, pH and temperature throughout your GI tract to a data recorder that you will wear for the entire test.

### **What should I expect during this test?**

The SmartPill Capsule is vitamin sized capsule that is swallowed. You will be given a SmartBar standardized meal to eat by our staff on the day of your test. After ingesting the SmartPill, you will be asked to fast again for 6 hours in order to provide accurate test results. You may participate in normal daily activities throughout the testing period. You will need to wear the data recorder on your body at all times during the study except when you bathe or shower.

The SmartPill Capsule is disposable and passes naturally with your bowel movement. You should not feel any pain or discomfort when the capsule passes. If the capsule does not pass in a bowel movement within a few days after the test, please contact our office.

### **What should I expect after the procedure?**

You will return to the office with the data recorder according to your doctor's instructions. After swallowing the SmartPill capsule and until it is passed, you should not have a Magnetic Resonance Imaging (MRI) or be near an MRI.

The test will be interpreted by your doctor after the data receiver is returned. Your doctor will contact you to discuss the results of the SmartPill Capsule Study and information about further follow-up.

### **What are the possible complications of the SmartPill capsule study?**

Although complications may occur, they are rare. If you have a fever after the test, trouble swallowing, increasing chest pain, abdominal pain or abdominal distention, nausea or vomiting contact your doctor immediately.