

# Atmo Gas Capsule Prep

## PREPARATION:

At your test, you will need to consume an Atmo® Motility Bar. If you have allergies to any of the ingredients in the Atmo® Motility Bar, please inform your doctor prior to your test so an alternate meal can be arranged.

- Ingredients include: rolled oats, soy nuggets (isolated soy protein [soybean], tapioca starch, salt), brown rice syrup, glycerin, and natural flavor.
- The Atmo® Motility Bar is gluten-free and kosher. It may also contain milk, sesame, peanuts, and tree nuts.
- If you are diabetic, you should consult with your doctor and diabetes care team in advance to review fasting instructions and insulin management.

## Cancel or Reschedule Your Appointment:

If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment please call to reschedule. If you have any newly diagnosed medical condition (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

## Medication Holds

The medications listed below will need to be **STOPPED** prior to the test. Other medications may be continued. Your test will need to be rescheduled if these medications are not stopped.

## 7 DAYS BEFORE YOUR PROCEDURE:

- **STOP** taking **Proton pump inhibitors (acid reducers)**: Aciphex (rabeprazole), Dexilant (dexlansoprazole), Nexium (esomeprazole), Prevacid (lansoprazole), Prilosec (omeprazole), Protonix (pantoprazole), and Zegerid (omeprazole/sodium bicarbonate).

## 3 DAYS BEFORE YOUR PROCEDURE:

- **STOP** taking **H2 blockers (acid reducers)**: Axid (nizatidine), Pepcid (famotidine), Tagamet (cimetidine), and Zantac (ranitidine).
- **STOP** taking **Motility-altering medications**: Cisapride (cisapride), Domperidone (domperidone), Itopride (itopride), Motegrity (prucalopride), Mosapride (mosapride), and Reglan (metoclopramide).
- **STOP** taking **Mucosal protectant**: Carafate (sucralfate).
- **STOP** taking **Opioid pain medications**: oxycodone (oxycodone), codeine (codeine), hydrocodone (hydrocodone), morphine (morphine), and methadone (methadone).

- **STOP** taking **Anti-nausea medications:** Phenergan (promethazine) and prochlorperazine (prochlorperazine).

### **2 DAYS BEFORE YOUR PROCEDURE:**

- **STOP** taking **Anti-nausea and antibiotics that affect motility:** Zofran (ondansetron), erythromycin (erythromycin), and Zithromax (azithromycin).

### **1 DAY BEFORE YOUR PROCEDURE:**

- **STOP** taking **Antacids:** Gaviscon (aluminum hydroxide/magnesium carbonate), Mylanta (aluminum hydroxide/magnesium hydroxide/simethicone), and TUMS (calcium carbonate).

### **8 HOURS BEFORE YOUR PROCEDURE:**

- **DO NOT EAT:** any solid food. **WATER ONLY.**
  - You may drink plain, non-carbonated water, up to ½ cup each hour
  - Do not drink all fluids at once. Sip small amounts throughout the 8 hours (do not wait until the last hour)
- **DO NOT HAVE:** dairy (including coffee creamer), oils or pulp, soda, carbonated beverages, caffeine, or alcohol.
- **DO NOT USE:** chewing tobacco, THC, marijuana, or illicit drugs
- **DO NOT TAKE:** any chewable vitamins or supplements.

### **If you do not follow these instructions, your procedure will be cancelled**

- You may take daily medications **3 hours BEFORE your procedure** unless you were directed to stop. Use a small sip of water only.
  - This includes:
    - Heart and blood pressure medications
    - Blood thinners (**unless you were told to stop**)
    - Methadone
    - Anti-seizure medications
- We will be placing a medium-sized belt with across your abdomen, over your clothing. Please wear an upper garment of thin, natural fiber cloth (such as a T-shirt) that is long enough to reach the hip level. Both the belt and the recorder will be visible. You may return to work after the procedure **only if** your job does not require exercise, heavy lifting, exposure to MRI machines, or radio transmitters.
- You may drive yourself to and from the test.
- **Scheduled MRI:** After ingesting the capsule and until it is excreted, you should not have a Magnetic Resonance Imaging (MRI) examination or be near an MRI machine.

For detailed information about your procedure please visit:

<https://www.mngi.com/search/patient-services>