How to Prepare for Your Wireless Motility Capsule (Smartpill)

**IMPORTANT - Please read these instructions at least 2 weeks before your appointment. Only follow these instructions if you have received them from your physician or the Loyola GI Lab.**

**PLEASE TRY TO KEEP YOUR SCHEDULED APPOINTMENT**
If you must cancel or reschedule your appointment, please call **708-216-0464** with at least **SEVEN DAYS** notice so another patient can be offered the time slot.

Follow all of the instructions in this handout **EXACTLY** as they are written. If you do **NOT** follow the directions, your test will need to be rescheduled.

**Key Instructions:**
- Do not eat or drink after midnight the night before your test
- Several types of medications may need to be stopped starting up to **5 DAYS BEFORE** the test. See the medication section below for details.
- 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. If you need to have an MRI around this time, please call **708-216-0464** so that your test scheduling can be arranged in a safe manner.

**PREPARING FOR YOUR PROCEDURE:**

**Medications**

STOP medications used for treating acid reflux following the instructions below:
- These medications should be **STOPPED FOR 5 DAYS** before the test: 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).
- Medications such as TUMS, Gaviscon, Maalox and Mylanta can be taken the day before the test

STOP laxative medications [Miralax (polyethylene glycol 3350), Amitiza (lubiprostone), Dulcolax (bisacodyl), Senna, Colace (docusate), Milk of Magnesia] **FOR 5 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.

continued
7 days before your procedure

- If you have a history of difficulty swallowing, history of bowel obstruction, intestinal fistula, or strictures, please call 708-216-0464 to speak to a nurse as this test may not be safe for you.

- If you have a cardiac pacemaker, defibrillator or other implantable medical device, please call 708-216-0464 to speak to a nurse as this test may not be safe for you.

- Several types of medications may need to be stopped starting up to 5 DAYS BEFORE the test. See the medication section above for details.

- Call 708-216-0464 if you are unable to keep your appointment and need to reschedule.

- The day before your procedure, stop using tobacco products. No alcohol consumption the day before or during your test.

The day of your procedure

- Do NOT eat or drink anything the day of your procedure.

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

- PLEASE DO NOT BRING ANY VALUABLES WITH YOU ON THE DAY OF YOUR APPOINTMENT. REMOVE ALL JEWELRY AND LEAVE IT AT HOME.

After the procedure

- Keep the device on in the daytime during the test. You may remove it to shower or sleep.

- After swallowing the capsule, you must wait 6 hours to resume your normal diet and normal activities.

- After 5 days, return to the GI lab to return the recorder.

- 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, call 708-216-0464 to let them 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.

- 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. If you need to have an MRI around this time, please call 708-216-0464 so that your test scheduling can be arranged in a safe manner. to help arrange scheduling.

Questions:

If you have any questions about preparing for your procedure, please call:

- During normal business hours: 708-216-0464

- After-hours: Physician Answering Service: 708-216-8000, and ask for the GI Fellow on Call