



What is a Smart Pill?

This study uses a capsule that helps evaluate movement through your stomach, small bowel and colon. The capsule will pass naturally through your gastrointestinal (GI) tract.

How do I prepare for a Smart Pill?

Please ask your doctor to identify which of your medications you should stop before this test.

- **Seven (7) days before:**

- Stop taking any medication that is a Proton Pump Inhibitor (PPI); Omeprazole, Lansoprazole, and Nexium.

- **Three (3) days before:**

- Stop taking all laxatives

- **Two (2) days before:**

- Stop taking any medication that is a Histamine₂ blocker; Tagament, Pepcid, and Zantac
 - Stop taking any medication that affects motility; Cisapride, Domperidone, Reglan, Macrolides, Zelnorm, Phenergan, Compazine, Zolofl and Kytril.

- **One (1) day before:**

- Nothing by mouth after midnight.
 - Stop taking any medication that is an antacid; Tums, Mylanta, and Roloids.

- **If you have diabetes:**

- If you take insulin, the morning of your test, take only one half (1/2) of your usual doses of NPH, Lente, or Novolin 70/30 Insulin and **no** regular or Humulin Insulin.
 - Bring any oral diabetes medicine with you to take after the test when you eat.

What can I expect during a Smart Pill study?

1. You will receive a Smart Bar as your “standard meal” immediately before you swallow the Smart Pill capsule.
2. You will not be able to have food for six (6) hours after consuming the standard meal. **Eating during the first six hours after swallowing the capsule will affect test results.** You may have small quantities of water (up to a half cup total) during these six (6) hours.
3. You may resume a normal diet six (6) hours after swallowing the capsule.
 - Keep the Data Receiver next to your body whenever possible, but never more than three (3) feet away throughout the test. Failure to keep the Data Receiver within three (3) feet of the body may cause test data loss.
 - **Do not wear the Data Receiver while bathing or showering.** Keep the Data Receiver dry and no more than three (3) feet away.
 - You may place the Data Receiver on a nearby table or nightstand while you sleep; but it must remain within three (3) feet.
 - You will use the Data Receiver’s Event Button to mark bowel movements and other events and symptoms which may be useful to the doctor when reviewing test data. Always mark bowel movements as events, as bowel movement times will be useful for verifying that the capsule exited from the body. You will be instructed how to complete the diary and how to use the Event Button.
 - If diabetic, you should monitor glucose levels and follow your personal treatment plan.
 - You will need to return the Data Receiver after the Capsule has passed (about 7 days).

After the test:

- No Magnetic Resonance Imaging (MRI) until capsule passes.
- Refrain from using laxatives, bowel cathartics, anti-diarrhea medications, and other medications that affect motility until after the capsule passes.

- Avoid vigorous exercise such as sit-ups, abdominal crunches, and prolonged aerobic activities (greater than 15 minutes) throughout the test.

If you are unable to keep your appointment, please call the Medical Procedures Unit at (734) 936-9250 or toll-free at (877) 758-2626.

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