

SMART PILL PREPARATION

Patient's Name: _____

Provider: _____

Date/Time of Appointment: _____

Arrival Time _____

Data Receiver Return Date/Time: _____

LOCATION:

____ **St. Luke's East Hospital**
110 NE St. Luke's Blvd.
Lee's Summit, MO 64086

The Evening Before the Test:

- You will need to fast overnight (no food) for at least 8 hours before your test.
- Do not eat or drink anything after 12:00am (midnight) the night before your test.
- Refrain from tobacco use during the fasting period.
- Refrain from alcohol use 24 hours before the test and for the duration of the test.
- Discontinue the use of the medications listed below:
 - PPI for 7 days prior to test
 - H2 Blockers for 2 days prior to test
 - Motility Meds for 2 days prior to test
 - Antacids for 24 hours prior to your test
- Other medications will not affect the test and will not need to be held. These medications include those for heart disease, high blood pressure, and diabetes.
- **IF YOU HAVE ANY QUESTIONS, YOU SHOULD CONSULT YOUR PHYSICIAN REGARDING MEDICATION CLARIFICATION PRIOR TO YOUR TEST.**

The Day of the Test:

- Do not eat, drink, or smoke anything before going to the office.
- At the physician's office, you will be given a SmartBar meal, designed specifically for the test to be eaten with the ingestion of the Smart Pill.
- If you are a diabetic, take one half of your insulin dose, unless otherwise instructed by your doctor
- After ingesting the Smart Pill, you will be required to fast again for 6 hours.
 - You may have small quantities of water (up to ½ cup total) during the 6 hour fast
- Your normal diet may be resumed after completing the 6 hour fast

For the Duration of the Test:

- You must wear the data receiver on your body at all times for the duration of the test except when you bathe or shower. The data receiver can be worn on a lanyard around the neck or on a belt clip.
 - Do not bathe while wearing the data receiver, remove the receiver and place it near the shower or bathtub.
 - Do not use the lanyard while sleeping

- The data receiver features an “event” button. Press the EVENT button when you have a bowel movement and record the date and time in your diary.
- 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 activity such as sit-ups, abdominal crunches, and prolonged aerobic activity (greater than 15 minutes) until after the SmartPill capsule is passed
- Wait 3 minutes in the lavatory before flushing the toilet after each bowel movement

How It Works

Smart Pill is a capsule that measures pressure, pH, and temperature as it passes through the body. Once the capsule is swallowed, test data is transmitted to a recorder to provide your physician the necessary information to thoroughly evaluate your entire GI tract.

Day 1

At the physician’s office, you will eat the SmartBar, then swallow the Smart Pill capsule. The capsule is approximately the size of a vitamin and is designed to be easy to swallow. You will be instructed to wear a recorder that receives the data from the capsule. This recorder is worn 24/7, except when bathing or sleeping. After the office visit, you will resume your normal daily activities. The appointment at your physician’s office will take approximately 30-60 minutes.

Day 1-5

The recorder is worn at all times throughout the procedure except during bathing and sleeping. The Smart Pill is typically passed in the stool within a few days.

Day 3-5

Return the recorder to the physician’s office and test data is downloaded in a few minutes. **IF YOU HAVE NOT HAD A BOWEL MOVEMENT THAT PASSES THE SMARTPILL BY FRIDAY, YOU MUST STILL RETURN THE RECORDER TO THE OFFICE BEFORE THE OFFICE CLOSSES AT 4:30PM.** The physician will analyze and interpret the test data and review the results. We estimate that this will take up to one week before you will receive the results.

WARNING: Do not have an MRI test while the SmartPill capsule is inside your body. Carry the warning card (below) at all times until your doctor confirms capsule exit.

MRI WARNING

I am currently undergoing a SmartPill test. SmartPill is an ingestible capsule device that restricts me from having an MRI.

If there are any questions, please contact my physician:

_____ at 816-554-3838.