

## SmartPill Capsule

### Important Patient Information and Instructions

Physician Contact Information:

#### 1. The Evening Before the Test

- You must fast overnight before your test. Do not eat or drink anything after 12 midnight the night before the test.
- Refrain from tobacco use during the fasting period.
- Refrain from alcohol consumption 24 hours before the test and for the duration of the test.
- Discontinue the use of the medications listed below:  
\_\_\_\_\_ for \_\_\_\_ days prior to your test  
\_\_\_\_\_ for \_\_\_\_ days prior to your test  
\_\_\_\_\_ for \_\_\_\_ days prior to your test  
\_\_\_\_\_ for \_\_\_\_ days prior to your test

#### 2. The Day of the Test

- Do not eat, drink, or smoke anything before going to the doctor's office. The SmartPill test will include a small meal that will be provided to you at the doctor's office.
- If you are a diabetic, take one half of your insulin dose, unless otherwise instructed by your doctor.
- You should arrive at the doctor's office at \_\_\_\_\_ on \_\_\_\_\_.

#### 3. For the Duration of the Test

- You must wear the SmartPill recorder on your body at all times for the duration of the test except when you bathe or shower. The recorder can be worn on a lanyard around the neck or on a belt clip.

#### CAUTION

Do not bathe while wearing the recorder – when you shower or bathe, you must remove the recorder and place it as near to the shower or bathtub as possible.

#### CAUTION

Do not use the lanyard when sleeping.

- No food or tobacco use for six (6) hours after starting the test. Food intake during the first six (6) hours after capsule ingestion will affect test results. You may have small quantities of water (up to 1/2 cup total) during the six (6) hours.
- Six (6) hours after capsule ingestion you may resume your normal diet and tobacco use. Your normal diet may be resumed at \_\_\_\_\_.
- Diabetic patients should monitor glucose levels and follow their personal treatment plan. If there is any uncertainty contact your doctor.
- 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 exercise such as sit-ups, abdominal crunches, and prolonged aerobic activity (greater than 15 minutes) until after the SmartPill capsule is passed.
- During the test, wait three (3) minutes in the lavatory before flushing the toilet after each bowel movement.
- The SmartPill recorder features an "EVENT" button. Press the EVENT button when you have a bowel movement and record the DATE and TIME of the EVENT in your diary. Your doctor may ask you to press the EVENT button for other events:
  - Eating a meal
  - Getting up in the morning
  - Passing gas
  - Going to bed at night
  - Nausea
  - Vigorous activity
  - Cramping/pain
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Return the recorder to your physician's office at \_\_\_\_\_ on \_\_\_\_\_.

#### Additional instructions from your physician:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### 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: \_\_\_\_\_**

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