



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. to help arrange scheduling.

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.

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

This information is intended for distribution to individual patients of the Loyola University Health System. It is not intended for general use by the public and should not be used for diagnosing or treating a health problem or disease without consultation of a qualified health care professional.

For more information on health topics and Loyola University Health System services please see our website at www.loyolamedicine.org

A Member of Trinity Health

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