

The Smart Pill is a disposable capsule that you will swallow at our clinic. The Smart Pill measures the amount of time it takes to move food through specific regions of the GI tract and the overall amount of time it takes to move food through the entire GI tract. This information, along with additional data collected by the Smart Pill, allows your physician to evaluate if and how the symptoms are related to conditions such as chronic constipation and gastroparesis (contents of the stomach are slow to empty).

## PREPARATION FOR THE TEST

- Do not eat, drink, or use tobacco 8 hours before your scheduled appointment.
- Please stop the following medications prior to the study:

7 days before test	3 days before test	48 hours before test	48 hours before test	48 hours before test	24 hours before test
<b>Stop PPI's</b> Prilosec (omeprazole) Prevacid (lansoprazole) Nexium (esomeprazole) Protonix (pantoprazole) Aciphex (rabeprazole)	<b>Stop Opiates</b> Vicodin Percocet Dilaudid Morphine	<b>H2 blockers</b> Zantac <b>Antiemetics</b> Zofran Kytril	<b>Motility Altering Meds</b> Cisapride Domperidone Reglan	<b>Macrolides</b> Erythromycin Zithromycin	Do not consume any alcohol

## WHAT TO EXPECT

When you arrive at our office, the capsule will be calibrated by the RN. As soon as the capsule is ready for ingestion, the RN will provide you with a Smart Bar meal to eat prior to swallowing the Smart Pill capsule. After eating the Smart Bar, you will be given the Smart Pill to swallow and the recorder will begin to wirelessly transmit data from the Smart Pill capsule. You will wear the recorder and keep it within 2 feet of you at all times during the duration of the test. You will be provided a diary to record information such as eating, bowel movements, going to sleep, and waking up. You will need to avoid excessive exercise for the duration of the test.

## AFTER THE TEST

Once the study is complete, when the pill has passed and an X appears on the recorder, the pill may be flushed down the toilet. Please return the recorder back to our clinic with your diary of events. Once the data has been downloaded, your physician will analyze and interpret the results. You will discuss your results at your next consult visit.