INTRODUCTION

- You have been recommended to undergo a Smartpill pH capsule study.
- This study will help evaluate movement through your stomach, small bowel and colon.
- This test involves eating a specific meal, then swallowing a small capsule.
- **The entire duration of the test is 7 days.**
- The capsule will pass naturally through your gastrointestinal (GI) tract.

In order to get the most accurate information from this test, you will need to follow the directions listed below:

PREP

**PLEASE ASK YOUR DOCTOR TO IDENTIFY WHICH OF YOUR MEDICATIONS YOU SHOULD STOP BEFORE THIS TEST**

- **7 days before test** – stop taking any medication that is a proton pump inhibitor - such as Omeprazole, Lansoprazole, and Nexium.
- **2 days before the test** – stop taking any medication that is a Histamine2 blocker - such as Cimetidine (Tagamet HB), Famotidine (Pepcid AC), and Ranitidine Hydrochloride (Zantac 75).
- **2 days before the test** – stop taking any medication that affect motility – such as Cisapride, Domperidone, metoclopramide (Reglan), Macrolides (e.g. Erythromycin, Zithromycin, 5HT4 partial agonist (e.g. Zelnorm), antiemetics, anticholinergics (e.g. Phenergan, Compazine), and 5Ht3 antagonists (e.g. Zofran, Kytril).
- **1 day before the test** – stop taking any medication that is an antacid - such as Maalox, Mylanta, and Rolaids.
- **AFTER MIDNIGHT THE NIGHT BEFORE THE TEST** - nothing by mouth - **includes no tobacco use.**
DAY OF PROCEDURE

- Nothing by mouth (NPO) – **NO BREAKFAST AND NO SMOKING.**
- It is ok to take any morning medications with sips of water.
- If you have Diabetes and 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.
- The test runs about 30 minutes.

PLEASE BRING THE FOLLOWING WITH YOU

- A list of all medications you are taking.
- A list of allergies you have.
- Your blue University of Michigan hospital card.

**Arrive at 7:30 a.m. in the Medical Procedures Unit** reception area.

The Medical Procedures Unit is located in room 2B355 on the **Second Floor of the East End of University Hospital.** You will from there be escorted to the G.I. Physiology Lab for your test to begin about 8:00a.m.

If for some reason you are unable to keep your appointment: Please call the Medical Procedures Unit at 734-936-9250 (option 2) – 48 hours before your scheduled appointment.
DURING AND AFTER THE TEST

PLEASE ALERT THE TECHNICIAN OF ANY KNOWN FOOD ALLERGIES.

- You will be given a specific “standard” meal immediately before the Smartpill capsule ingestion. This meal will consist of egg substitute, one slice of bread with jam, and water.

- You will not be able to have food for six (6) hours after consuming the standard meal. **Food intake during the first six hours after capsule ingestion will affect test results.** You may have small quantities of water (up to ½ cup total) during these six (6) hours.

- Six (6) hours after ingestion, a nutritional drink (e.g., Carnation) may be consumed.

- You may resume a normal diet eight (8) hours after capsule ingestion.

- **IF DIABETIC,** you should monitor glucose levels and follow your personal treatment plan. If there are any questions, you should contact your doctor who manages your diabetes.

- Refrain from using laxatives, bowel cathartics, anti-diarrhea medications, and other medications that affect motility until after the capsule is passed.

- Avoid vigorous exercise such as sit-ups, abdominal crunches, and prolonged aerobic activity (greater than 15 minutes) throughout the test.
• Keep the Data Receiver next to the body whenever possible, but never more than five (5) feet away throughout the test. Failure to keep the Data Receiver within five (5) 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 five (5) feet away from the body.

• You may place the Data Receiver on a nearby table or nightstand while you sleep; but it must remain within 5 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 physician when reviewing test data. Always mark bowel movements as events, as bowel movement times will be useful for verifying Capsule exit from the body. You will be instructed how to complete the diary and use the Event Button.

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• The capsule normally passes within 3 to 5 days.

• **Magnetic Resonance Imaging (MRI) must not be performed until Capsule passage.**

• Within 5 days of your test – if you experience acute pain, sudden nausea, or vomiting beyond your typical pattern - CALL:
  
  o Mon-Fri 7:00am – 5:00pm: 734-936-9250 – ask for the Manager on duty.

  o After 5:00pm and weekends: 734-936-6267 – ask for the GI Fellow on call.