

SmartPill Test

How to prepare and what to expect

Your SmartPill test is scheduled for _____, _____, at _____ a.m. / p.m.
DAY DATE TIME

How to Prepare

1 Month Before	Starting 7 Days Before	Starting 2 Days Before	Starting 1 Day Before	On Test Day
Date:	Date:	Date:	Date:	Date:
<ul style="list-style-type: none"> Please tell us if you have taken any antibiotics during the last 4 weeks. 	<ul style="list-style-type: none"> Stop taking any proton pump inhibitors (PPI) such as Prilosec (omeprazole), Prevacid (lansoprazole), Nexium (esomeprazole), Protonix (pantoprazole), or Aciphex (rabeprazole). 	<ul style="list-style-type: none"> Stop taking all histamine blockers, including Zantac (ranitidine), Pepcid (famotidine), Tagamet (cimetidine), or Axid (nizatidine). 	<ul style="list-style-type: none"> Stop taking all antacids, including Tums, Roloids, Maalox, Gaviscon, Mylanta, or Chooz. Do not drink alcohol. 	<ul style="list-style-type: none"> Starting 8 hours before your test, do not eat or drink anything. Do not smoke, use tobacco, or chew gum. Take your usual medicines with water, If you have diabetes, bring your insulin with you to your appointment.

How to Find Us

Digestive Health Center

University of Washington Medical Center
Surgery Pavilion, 3rd Floor
1959 N.E. Pacific Street
Seattle, WA 98195
206.598.4377

From N.E. Pacific St., follow the signs to the Emergency Room. At the stop sign, enter the Surgery Pavilion Parking Garage on the left.

After parking in the garage, take the elevator to the 3rd floor. Turn right into the Digestive Disease Center.

A map and parking rates are included with this handout.

Questions?

Your questions are important. Please call if you have questions or concerns about your SmartPill test.

Weekdays between 8 a.m. and 5 p.m., call the Digestive Health Center, 206.598.4377.

After hours and on holidays and weekends, call the Community Care Line at Harborview Medical Center, 206.744.2500.

Why do I need this test?

Your doctor has scheduled this test to find out the reasons for your digestive problems. Your symptoms may include nausea, bloating, heartburn, constipation, or an early feeling of fullness when eating.

As the SmartPill capsule travels through your *gastrointestinal* (GI) tract, it measures the time it takes for food to move through your stomach, small intestine, and large intestine. It also measures temperature, acidity, and pressure patterns. This information will help your doctor diagnose the reasons for your symptoms.

What to Expect

- At your appointment, we will give you a snack to eat. This snack is similar to a granola bar. After eating the snack, you will swallow the SmartPill capsule. The capsule is a little larger than a vitamin pill.
- You can resume your normal diet 6 hours after you swallow the capsule.
- For the next 5 days, or until you pass the capsule:
 - You will wear a data recorder. This recorder may be in a pouch or clipped to your belt.
 - Follow your usual daily routines.
 - Do not have any other tests or scans.