

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

4 Weeks 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 within the past month 	<ul style="list-style-type: none"> Stop taking all proton pump inhibitors (PPI), including 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, Rolaids, 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 or use tobacco Take your usual medicines with water If you have diabetes, bring your insulin with you to your appointment

How to Find Us

Digestive Disease 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 Disease 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 symptoms. These may include nausea, bloating, heartburn, constipation, or an early feeling of fullness when eating.

As the SmartPill 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

- During your first 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. The capsule is a little larger than a multivitamin.
- You can resume your normal diet 6 hours after you swallow the SmartPill.
- 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.