# SmartPill Test

*How to prepare and what to expect*

Your SmartPill test is scheduled for ________________, ________________, at ______ a.m. / p.m.

## How to Prepare

<table>
<thead>
<tr>
<th>4 Weeks Before</th>
<th>Starting 7 Days Before</th>
<th>Starting 2 Days Before</th>
<th>Starting 1 Day Before</th>
<th>On Test Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date:</td>
<td>Date:</td>
<td>Date:</td>
<td>Date:</td>
<td>Date:</td>
</tr>
<tr>
<td>• Please tell us if you have taken any antibiotics within the past month</td>
<td>• Stop taking all proton pump inhibitors (PPI), including Prilosec (omeprazole), Prevacid (lansoprazole), Nexium (esomprazole), Protonix (pantoprazole), or Aciphex (rabeprazole)</td>
<td>• Stop taking all histamine blockers, including Zantac (ranitidine), Pepcid (famotidine), Tagamet (cimetidine) or Axid (nizatidine)</td>
<td>• Stop taking all antacids, including Tums, Rolaids, Maalox, Gaviscon, Mylanta, or Chooz</td>
<td>• <strong>Starting 8 hours before your test</strong>, do not eat or drink anything</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Do <strong>not</strong> smoke or use tobacco</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Take your usual medicines with water</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• If you have diabetes, bring your insulin with you to your appointment</td>
</tr>
</tbody>
</table>
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.

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.