

# Preparing for your SmartPill procedure

This guide will help you and your family prepare for your procedure. If you have any questions, please call **503-494-4373**. For questions after 5 p.m., call 503-494-8311 and ask for the GI doctor on call.

## What is a SmartPill?

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- A SmartPill is a capsule about the size of a vitamin pill that can gather data as it moves through your GI tract. It is a painless way to help your doctor find the cause of your GI problem, without radiation.
- You swallow the SmartPill and it wirelessly transmits data to a recorder that you wear on a belt clip or shoulder strap.
- The SmartPill should move through your system in a few days.

## Once you are scheduled

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- Download directions to your check-in location at <https://www.ohsu.edu/digestive-health/preparing-your-endoscopy-procedure>
- Review the **medication instructions** on page 2. If you need more instructions on any of your medications, please contact the doctor who prescribed them.
- Review the **food allergy warnings** on page 3.

## Medication instructions



If you take ...	Do this ...
<b>Diabetes medicine by mouth</b> [Metformin, Glipizide]	Do NOT take the morning of your procedure.
<b>Insulin twice a day</b>	Take ½ your dose the night before and ½ your dose the morning of your procedure.
<b>Insulin once a day</b>	Take ½ your dose the night before your procedure
<b>Proton Pump Inhibitors - PPIs</b> [Aciphex (Rabeprazole), Dexilant (Dexlansoprazole), Nexium (Esomeprazole), Prevacid (Lansoprazole) Prilosec (Omeprazole), Protonix (Pantoprazole), Zegrid]	STOP taking 7 days before your procedure.
<b>Laxatives, stool softeners, anti-diarrheals</b> [Linzess (Linactolide), Amitiza (Lubiprostone), Miralax, Dulcolax (Bisacodyl), Colace (Docusate), Senna, Magnesium citrate, Imodium (Loperamide), Lomotil, Kaopectate, Petpo-Bismol]	STOP taking 3 days before your procedure.
<b>H2 blockers</b> [Axid (Nizatidine), Pepcid (Famotidine), Tagamet (Cimetidine), Zantac (Ranitidine)]	STOP taking 48 hours before your procedure.
<b>Motility agents</b> [Benzamide, Cinitapride, Cisapride, Domperidone, Erythromycin, Itopride, Levosulpiride, Mosapride, Metoclopramide, Mirtazapine, Mitemcinal, Prucalopride, Renzapride, Tegaserod]	STOP taking 48 hours before your procedure.
<b>Antacids</b> [Alka-Seltzer, Alka-2, Alternagel, Amphojel, Gaviscon, Gelusil, Maalox, Milk of Magnesia, Mylanta, Pepto-Bismol, Roloids, Surpass Gum, Titalac, TUMS]	STOP taking 24 hours before your procedure.
<b>Opiates</b> [Percocet/Percodan/Oxycontin (Oxycodone), Vicodin/Lorcet/Norco (Hydrocodone), MS Contin (Morphine), Dilaudid (Hydromorphone), Duragesic (Fentanyl), Tramadol, Codeine]	STOP taking 3 days before your procedure.



- ☑ Keep taking all of your other prescribed medicines, including aspirin, pain medications, blood pressure medications like Lisinopril, water pills (diuretics like Lasix), Non-steroidal anti-inflammatory drugs (like Advil, Motrin, Aleve).

## 1 day before your procedure

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- ⊙ You may eat normally until midnight before your procedure.
- ⊙ **NO alcohol** for the 24 hours before your procedure.
- ⊙ **NO food, drink or smoking after midnight.**

## The day of your procedure

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- ⊙ **Do NOT eat, drink or smoke** before your procedure.
- We will give you a SmartBar to eat at your appointment. Then, you will **swallow the capsule** with sips of water.
- ⊙ **Do NOT eat, drink or smoke for 6 hours** after you swallow the SmartPill.

## Warnings

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- **Food allergies:** We will give you a SmartBar granola bar to eat right before you swallow the capsule. The SmartBar has a small amount of Gluten, NO Lactose, NO nuts, but is made in a facility that processes nuts. Call us at 503-494-4373 before your test date if you have allergies to any of its ingredients.
- ⊙ **Do NOT do this test** (and call us) if you have any of these:
  - A hard time swallowing food or pills
  - An implanted or portable electro-mechanical device (like a pacemaker or ICD)
  - A GI obstruction, stricture or fistula
  - A bezoar or history of bezoars (mass of un-digested material that stays in the stomach)
  - Crohn's disease or diverticulitis
  - GI surgery within the past 3 months
  - An MRI scheduled less than 2 weeks after the test

## After your procedure

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- You will carry a wireless monitor that can attach to your belt or a pouch for up to 5 days.
  - ☑ Wear the recorder on your body at all times except when bathing or sleeping.
  - ☑ When you sleep, you may place the recorder under your pillow or on a nightstand close to your bed.
  - ⊖ **Do NOT be more than 3 feet away** from the recorder at all times.
- You may eat and drink as normal starting 6 hours after you swallowed the capsule.
- The test will last until the SmartPill leaves your body or after 5 days, whichever is sooner.
  - ⊖ **NO alcohol** during the test.
  - ⊖ **NO strenuous exercise** (abdominal crunches, aerobic or cardio activity lasting longer than 15 minutes) during the test.
- When you have bowel movements, check for the capsule before flushing. The SmartPill is disposable and you can flush it. You do NOT need to save the capsule.
- **Bring the recorder back to us 5 days after** you have swallowed the capsule (or sooner if the SmartPill has already passed). Please bring it back in person. It cannot be mailed.