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?

- 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 itwirelessly 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

- 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

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

- 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

- 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

- 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

• 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.