



Thank you for scheduling your procedure/s with us and trusting us with your healthcare needs. Below you will find some useful reminders in regards to your up-coming procedure/s. If you have any questions, please feel free to contact our office at 702-982-7240, Monday to Friday, 8am-5pm or send us an email at [lvg@lvgastro.com](mailto:lvg@lvgastro.com)

### **Facility Location: LAS VEGAS GASTROENTEROLOGY (LVG)**

**7315 S. PECOS ROAD, SUITE 101 LAS VEGAS, NV 89120 Phone: 702-982-7240**

*CANCELLATION POLICY In order to provide the best care and service to our patients, we ask that you notify us 3 days in advance to cancel or reschedule your appointment Please be advised that failure to do could result in a missed appointment fee of \$75. After 3 missed appointments (failure to show or call), you may be discharged from care as a direct result of being non-compliant to treatment.*

## **SmartPill Preparation Instructions**



**DISCUSS MEDICATIONS and HEALTH CONDITIONS** you have with your doctor.

Your doctor will provide instructions for how to appropriately adjust your medications prior to your test. Instructions may include the following changes:

- If you are diabetic, your medications might need to be adjusted. Please consult your prescribing doctor.
- Take scheduled medications at least 2 hours prior to your test with a small amount of water.



**THE NIGHT BEFORE YOUR TEST** Do not eat, drink or use tobacco (smoke or chew) after midnight. Refrain from alcohol, laxatives, or antidiarrhea medications 24 hours before your SmartPill procedure.



**THE MORNING OF YOUR TEST** take your usual morning medications (including blood pressure medications), at least 2 hours prior to your procedure with a small amount of water. Do not eat, drink, or smoke.



### **DURING THE TEST**

- You will eat a special nutrition bar before you swallow the capsule. It contains a small amount of gluten, it does not contain lactose or nuts, but it is made at a plant that processes nuts. The ingredients are listed below. If you cannot eat this bar, please discuss this with your doctor to see if there is an alternate test that can be ordered for you.
  - Nutrition bar ingredients: glucose syrup, soy crisps, oats, pea protein, puffed wheat (wheat, sugar), concentrated pineapple juice, fructose, dried cranberries (cranberries, sugar, sunflower oil), dried apples, brown sugar, invert sugar, glycerin, honey, potassium sorbate (preservative), flavors. Contains: wheat gluten, soybeans. May contain tree nuts and sesame.
- You will be instructed to swallow the wireless capsule with a cup of water. The capsule is slightly larger than a large vitamin.
- You will wear the recorder on your body except when bathing or sleeping. When you are sleeping you may place the recorder under your pillow or on a nightstand close to your bed. Please do not set down the recorder and walk away from it as this will interrupt the recording.
- Do not eat or use tobacco for the first 4 hours after Smartpill ingestion. You may have small sips of water.
- You may resume your normal diet 6 hours after swallowing the capsule.
- Refrain from alcohol, laxatives and antidiarrhea medications for the next 5 days or until you pass the SmartPill.
- Avoid vigorous exercise (i.e., abdominal crunches, aerobic or cardio activity lasting longer than 15 minutes.)
- When you have a bowel movement, wait 3 minutes before flushing the toilet. This will help determine if the capsule has left your body.
- The data receiver features an “EVENT” button. Press the EVENT button when you have a bowel movement and record the DATE and TIME of the EVENT in your diary that will be provided to you. Press the EVENT button and record the DATE and TIME for the following events:  
\*Eating a meal \*Nausea \*Cramping/pain \*Going to sleep \*Waking up \*Vigorous activity \*Bowel movement

**CAUTION:** Do not wear the lanyard neck strap when sleeping.

**WARNING:** Do not have an MRI test for 30 days after ingesting the Smartpill.