

**One Week Before the Test**

\*Refrain from Proton Pump Inhibitors (PPI) such as: omeprazole, lansoprazole, nexium. **Refrain for the duration of the test.**

**Two Days (48 hours) Before the Test**

\* Refrain from using laxatives, bowel cathartics, anti-diarrhea medications, and anti-emetics (such as, zofran, kytril, viberzi).

\* Refrain from using macrolides (such as, erythromycin, zithromycin) and anti-cholinergics (such as, phenergan, compazine)

\* Refrain from using medications that affect motility (such as, cisapride, domperidone, metoclopramide/reglan) and 5HT4 partial agonists (such as, zelnorm)

\* Refrain from any Histamine2 blockers (such as, zantac)

**Refrain for the duration of the test.**

**One Day (24 hours) Before the Test**

\* Refrain from antacids and alcohol consumption for 24 hours **and for the duration of the test.**

**The Night Before the Test**

\* Nothing to eat or drink; no tobacco use, **after MIDNIGHT** the night before the test.

**The Day of the Test**

\* Do not eat, drink, or smoke anything before going to Dr. Buch's office. The SmartPill test will include a small meal that will be provided to you at our office.

\* If you are a diabetic, take one half of your insulin dose, unless otherwise instructed by your prescribing physician.

**Arrive at 8:00am on \_\_\_\_/\_\_\_\_/\_\_\_\_**

**For the Duration of the Test**

You must wear the SmartPill recorder on your body at all times EXCEPT when you bathe or shower. **You must remove the recorder and place it within 3 feet of your body.**

The recorder can be worn on a lanyard around the neck or on a belt clip. **(Do NOT use the lanyard while sleeping. Keep within 3 feet.)**

No food or tobacco use for six (6) hours after starting the test. Food intake during the first six (6) hours after capsule ingestion will affect test results. You may have small quantities of water (up to ½ cup total) during the first six (6) hours.

Six (6) hours after capsule ingestion, you may resume your normal diet and tobacco use.

**Your normal diet may be resumed at 2:15pm.**

Avoid vigorous exercise such as sit-ups, abdominal crunches, and prolonged aerobic activity (greater than 15 minutes) until after the SmartPill capsule is passed.

The SmartPill recorder 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.

During the test, wait three (3) minutes in the lavatory before flushing the toilet after each bowel movement. (If the capsule passes, it takes 2-3 minutes to register on the recorder.)

**Return the recorder to the office  
by NOON on \_\_\_\_\_ date**

**If the recorder *stops flashing* every 20  
seconds, the capsule has passed. Call  
our office and return the recorder early.**

**WARNING**

Do not have an MRI test while the SmartPill capsule is inside your body. Carry the warning message (below) at all times until Dr. Buch confirms the capsule exit.

**MRI WARNING**

I am currently undergoing a SmartPill test. SmartPill is an ingestible capsule device that restricts me from having an MRI.

If there are any questions, please contact Dr. Hal Buch at (845) 331-8146.