

SMART PILL

NOTE: If you are a diabetic, take one half of your morning insulin dose, unless otherwise instructed by your doctor.

POST-PROCEDURE INSTRUCTIONS

- You must wear the Data Receiver on your body at all times for the duration of the test except when you bathe or shower. The Data Receiver can be worn on a lanyard around the neck or on a belt clip.
- Do not bathe while wearing the Data Receiver – when you shower or bathe, you must remove the Data Receiver and place it as near to the shower or bathtub as possible.
- Do not use the lanyard when sleeping.
- No food 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 1/2 cup total) during the 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 .
- Diabetic patients should monitor glucose levels and follow their personal treatment plan. If there is any uncertainty, you should contact your doctor.
- Refrain from alcohol consumption until after the SmartPill capsule is passed.
- Refrain from using laxatives, bowel cathartics, anti-diarrhea medications, and other medications that affect motility until after the SmartPill capsule is passed.
- Avoid vigorous exercise such as sit-ups, abdominal crunches, and prolonged aerobic activity (greater than 15 minutes) until after the SmartPill capsule is passed.
- During the test, wait three (3) minutes in the lavatory before flushing the toilet after each bowel movement

RECORDER OPERATION AND DIARY COMPLETION:

The Data Receiver features an “EVENT” button. Press the **EVENT** button when you have a bowel movement and record the **DATE** and **TIME** in your diary. The nurse will discuss with you other **DIARY** events like Meals, Going to Bed/Waking Up, Gas, Nausea, Vigorous activity, Cramping/pain.

