**PREPARATION & DISCHARGE INSTRUCTIONS FOR**

**SmartPill Motility Monitoring**

**MRN:** ____________________________

| Procedure date: ____________________________ | FOLLOW UP APPOINTMENT is scheduled for: |
| Check in Time: ____________________________ | Date: ____________________________ |
| Procedure Time: ____________________________ | Check in Time: ____________________________ |
| Ordering Physician: ____________________________ | Appointment Time: ____________________________ |

**Location to report to:**
- The Center for Digestive and Liver Health – (912)303-4200
- 1139 Lexington Avenue
- 5715 GA Hwy 21 South, Suite A, Rincon

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**SMARTPILL ENDOSCOPY** – Is a capsule that helps your doctor assess your entire gastrointestinal tracks pH, motility & temperature. You will need to ingest a vitamin pill-sized capsule. The procedure usually takes about 30 minutes and the test continues for 5 days.

Have you signed up for your patient portal yet? If not, please visit our website [www.savannahhi.com](http://www.savannahhi.com) to sign up and you can also find additional information such as: Procedure instructions, FAQ’s and additional services provided.

****To ensure that you are prepped correctly, please ONLY follow these patient instructions****

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**10 HOURS BEFORE YOUR PROCEDURE:**

Stop taking medications such as: Nexium, Dexilant, Prilosec, Prevacid, Aciphex, or Protonix. These medications can be resumed on this date: ____________________________ (24 hours after ingestion)

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**THE MORNING OF YOUR PROCEDURE:**

Do NOT eat or drink any liquids including water.

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**AT THE PHYSICIAN’S OFFICE**

Staff will give you a SmartBar (similar to a granola bar) to eat just before ingesting the SmartPill capsule.

Staff will connect you to a wireless data recorder that continuously collects data for 5 days after ingesting the capsule.

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**6 HOURS AFTER YOUR PROCEDURE**

At this time: ____________.

You can resume your normal diet and resume normal medication except those listed on this page.

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**DISCHARGE INSTRUCTIONS**

Avoid any exercise such as sit-ups or abdominal crunches during the study.

**DIARY**

1. It is very important that you keep an accurate diary during your test.
2. Record the following information in your diary including the time:
   - BM = Bowel Movement
   - E = Eat (meals)
   - S = Sleep
   - W = Wake

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**Reminders:**

Do NOT take laxatives, anti-diarrhea and other motility affecting medication until the monitor is returned to the office.

Do NOT have an MRI within 30 days following the placement of the capsule.

Do NOT have any other tests performed such as: CT scans, nuclear medicine tests, x-rays, etc. during 5 day study.

*You will pass the capsule at which time you may or may not see it. If you do not see it, that is ok.

*The capsule is disposable and can be flushed down the toilet.

*Avoid consuming alcohol until after the study in completed.

*Please bring a list of all your current medications, including any allergy or over-the-counter medications to your appointment.

*Bring your current insurance card.

*Please leave all jewelry and valuables at home.

**Please inform your Doctor if you have a pacemaker, defibrillator, nerve stimulator, or history of Crohn’s disease.**

If you have any questions or problems, please call us at 912-303-4200 & select the option to speak to a nurse.