



Physician: _____ Phone Number: _____
 Patient Name: _____
 Date of Procedure: _____ Time to Arrive: _____
 Location: _____

Pre-Procedure Instructions for Smart Pill Motility Study

Welcome to the MGH GI Motility Unit. We would like to make your stay as pleasant and safe as possible.

Please read these instructions carefully before your Smart Pill Study.

Please plan to spend about one to two hours in our unit for your procedure. We will do everything possible to avoid a delay in your procedure, but emergencies may interrupt the schedule.

What you need to do BEFORE you arrive for your procedure:

1. Call 1-866-211-6588 to update your registration (if not done within 6 months).
2. Be sure you have an insurance referral, if required by your insurance company.
- *If you are on any medications used to control stomach acid, please refer to this list of instructions:*
 1. ONE WEEK BEFORE YOUR PROCEDURE: Please stop proton pump inhibitors. This includes omeprazole (prilosec), lansoprazole (prevacid), esomeprazole (nexium), rabeprazole (aciphex), pantoprazole (protonix).
 2. THREE DAYS BEFORE YOUR PROCEDURE: Please stop H2 blockers, which includes tagament, zantac, pepcid, or axid.
 3. TWO DAYS BEFORE YOUR PROCEDURE: Please stop promotility drugs unless otherwise instructed by your physician. These include Reglan and Cisapride.

- ON THE DAY of your procedure:
 1. Do not eat or drink anything after 12 midnight the night before the test.
 2. Take all of your medications as normal, except for the ones listed above.
 3. IF you are diabetic and taking insulin, take only ½ of your regular dose.

Please bring these things WITH YOU to your procedure:

1. A list of all of your medications, including the doses
2. Your blue MGH identification card

AFTER your procedure:

1. Do not eat or drink anything except for water for 6 hours after swallowing the capsule.
2. You may have a nutritional drink (provided by us) 6 hours after the procedure.
3. After 8 hours, you may eat and drink as you wish as well as take your medications.
4. You may return to work at any time.

HELPFUL HINTS FOR PATIENTS UNDERGOING SMART PILL TESTING:

1. If you have questions about your procedure, call the Patient Information Line at (617) 726-0388 and leave a message. A registered nurse will return your call.
Answers to frequently asked questions are available on our website under pH testing at:
<http://www.massgeneral.org/GASTROENTEROLOGY/clinical/faq.html>