



# PREPARING FOR MOTILITY TESTING

SmartPill™ Motility Testing System

A simple way to evaluate  
the gastrointestinal tract

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# PREPARATION FOR THE TEST

## Food and Drink

You may not consume any food or drink, with the exception of water, for eight hours before your test. Just before the procedure, you will be given a SmartPill™ meal bar specially designed for the test.

After ingesting the SmartPill™ motility capsule, you will be asked to fast again for six hours in order to provide accurate test results.

## Medications

Prior to your test, you should consult with your physician regarding the prescribed medications you take. These medications include pain medications, sedatives, tranquilizers, antispasmodics, and promotility medications.

Some medications will not affect the procedure and may be continued as per your physician's instructions. These include medications for the following conditions: heart disease, high blood pressure, and diabetes.

**It is important that you consult with your physician regarding all the medications you are taking prior to your test.**

Your physician should obtain your medical history prior to your test and can answer any other questions or concerns you may have at that time.

## WHAT IS MOTILITY TESTING?

If you experience symptoms such as nausea, bloating, constipation, abdominal pain, or vomiting, the SmartPill™ motility testing system can help you find answers.

The system features the SmartPill™ motility capsule—a disposable device that measures pressure, pH, and temperature as it passes through the body. Once the capsule is swallowed, test data are transmitted to a recorder to provide your physician with the necessary information to thoroughly evaluate your entire GI tract.



## ADDITIONAL INFORMATION

To aid you in getting the most out of the visit with your physician, here are a few commonly used terms:

**Motility Disorders:** Conditions that affect the movement of the GI tract and the contents within it.

**Transit Time:** The amount of time it takes to move food through a specific portion of the GI tract.

**Gastroparesis:** A disorder in which the contents of the stomach empty too slowly. Also called delayed gastric (stomach) emptying.

**Chronic Constipation:** A disorder characterized by a repeating set of complex symptoms including slow, difficult, or painful bowel movements.

# WHAT TO EXPECT

## Day 1

While at your physician's office, you will eat a SmartPill™ meal bar and then swallow a SmartPill™ motility capsule. You will be instructed to wear a recorder that receives the data from the capsule. You will fast for six hours and then resume your normal daily activities.

## Day 1-5

The recorder is worn at all times throughout the procedure except during bathing and sleeping. While sleeping, the recorder should be placed under your pillow or on a nightstand next to the bed. The SmartPill™ motility capsule is typically passed within a few days.

## Day 3-5

Return the recorder according to your physician office's instructions so that your test data can be downloaded for analysis.

## Interpretation and Consultation

Your physician will analyze and interpret the test data and review the results with you.

This brochure is intended to supplement the directions and explanations from your physician regarding ingesting a SmartPill™ motility capsule. It does not replace your physician's care, advice, and specific instructions regarding preparing for your procedure.



## ANSWERS TO YOUR QUESTIONS

### **How long does the procedure take?**

It takes approximately 30 minutes at your physician's office to start the procedure. Once you eat the SmartPill™ meal bar, swallow the SmartPill™ motility capsule, and receive your recorder, you can leave your physician's office to go about your normal daily activities. The test lasts three to five days.

### **How big is the capsule?**

It is approximately the size of a vitamin pill and designed to be easy to swallow.

### **What are the benefits of this test?**

The SmartPill™ motility testing system is designed to be more comfortable and convenient than other existing motility diagnostic tests. Also, there is no radiation exposure. Because you are able to follow a normal routine, there is minimal down-time. The SmartPill™ motility testing system gives your physician a complete transit profile of your GI tract with only one test.

### **Will I feel any pain or discomfort from the capsule?**

No. You should not feel any pain or discomfort when swallowing it or while it moves through your GI tract. It is naturally passed during a bowel movement, usually within a few days.

# ASK IF THE SMARTPILL™ MOTILITY TESTING SYSTEM IS RIGHT FOR YOU

If you want more information about your GI condition, talk with your physician about the SmartPill™ motility testing system. This procedure may provide valuable information that can help in establishing a treatment plan that is right for you.

**Topics to discuss with my physician:**

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**For additional information call:**

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**Caution:** Federal law restricts this device to sale by or on the order of a licensed healthcare practitioner. Rx only.

**Risk Information:** Before administering the SmartPill™ motility capsule, rule out physiological/mechanical GI obstruction as a cause of patient symptoms. Do not perform a Magnetic Resonance Imaging (MRI) until capsule passage is confirmed by physician review of the MotiliGI™ graph or an x-ray of the kidneys, ureter, and bladder [KUB]. If the SmartPill™ motility capsule is in the body during an MRI test, there is a risk of damage to the GI tract. Significant data dropout can occur in severely obese patients (>40 BMI). The risks of the SmartPill™ motility capsule include capsule retention and aspiration. Please consult your physician for further information.

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