








**PREPARATION & DISCHARGE INSTRUCTIONS FOR  
 SmartPill Motility Monitoring**

Procedure date: _____ Check in Time: _____  Procedure Time: _____ Physician: _____  <b>Location to report to:</b> o The Center for Digestive and Liver Health – (912)303-4200 (1139 Lexington Avenue)	<b>FOLLOW UP APPOINTMENT is scheduled for:</b> Date: _____ Check in Time: _____ Appointment Time: _____ Physician: _____ Mid-level Provider: _____  <b>Location to report to:</b> o 1139 Lexington Avenue, Savannah—(912) 303-4200 o 140 Traders Way, Pooler o 40 Okatie Ctr Blvd S Ste 210, Okatie, SC
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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.savannahgi.com](http://www.savannahgi.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\*\*\*\***

<p> <b>On this date:</b> _____  <b>(7 days prior to ingestion)</b>  <b>Stop</b> taking medications such as: Nexium, Dexilant, Prilosec, Prevacid, Aciphex, or Protonix. These medications can be resumed on this date: _____          (24 hours after ingestion)</p> <p> <b>On this date:</b> _____  <b>(3 days prior to ingestion)</b>  <b>Stop</b> taking medications such as: Linzess or Amitiza . These medications can be resumed after returning monitor to the office.</p> <p> <b>On this date:</b> _____  <b>(2 days prior to ingestion)</b>  <b>Stop</b> taking medications such as: Reglan, Zofran, Phenergan or Compazine . These medications can be resumed after returning monitor to the office.</p> <p> <b>On this date:</b> _____  <b>(1 days prior to ingestion)</b>  <b>Stop</b> taking medications such as: Maalox, Mylanta or Roloids. These medications can be resumed on this date: _____          (24 hours after ingestion)</p>	<p><b><u>10 HOURS BEFORE YOUR PROCEDURE-</u></b>  <b>Stop eating &amp;/or drinking at:</b> _____ (Time)</p> <p> <b>Do NOT drink any liquids including water.</b></p> <p><b><u>THE MORNING OF YOUR PROCEDURE:</u></b></p> <p><b>Do NOT eat or drink any liquids.</b></p> <p> <b>Do NOT take any medications <u>except medications for:</u> heart disease, high blood pressure &amp; diabetes with a small sip of water</b></p> <p><b><u>AT THE PHYSICIAN'S OFFICE</u></b></p> <p>Staff will give you a SmartBar (similar to a granola bar) to eat just before ingesting the SmartPill capsule.</p> <p>Staff will connect you to a wireless data recorder that continuously collects data for 5 days after ingesting the capsule.</p> <p><b><u>6 HOURS AFTER YOUR PROCEDURE</u></b>  <b>At this time:</b> _____          You can resume your normal diet and resume normal medication <i>except</i> those listed on this page.</p>	<p><b>Do NOT allow the data recorder to get wet or damaged. The receiver is extremely expensive and is the sole responsibility of the patient during the 5 day study.</b></p> <p>Press the "Event" button for each of these events &amp; log in your diary:</p> <ul style="list-style-type: none"> <li>• At the beginning &amp; ending of each meal time</li> <li>• Sleep=the time that you lay down</li> <li>• Wake= the time that you awaken after sleeping</li> <li>• When you have a bowel movement</li> </ul> <p>You may place the data recorder within 2 feet of you while showering or sleeping.</p> <p><b><u>DISCHARGE INSTRUCTIONS</u></b></p> <p>Avoid any exercise such as sit-ups or abdominal crunches during the study.</p> <p><b><u>DIARY</u></b></p> <ol style="list-style-type: none"> <li>1. It is <u>very</u> important that you keep an accurate diary during your test.</li> <li>2. Record the following information in your diary INCLUDING the time:             <ul style="list-style-type: none"> <li>• <b>BM</b>=Bowel Movement</li> <li>• <b>E</b>=Eat (meals)</li> <li>• <b>S</b>=Sleep</li> <li>• <b>W</b>=Wake</li> </ul> </li> </ol>	<p><b><u>Reminders:</u></b></p> <p> <b>Do NOT take laxatives, anti-diarrhea and other motility affecting medication until the monitor is returned to the office.</b></p> <p><b>Do NOT have an MRI within 30 days following the placement of the capsule.</b></p> <p><b>Do NOT have any other tests performed such as: CT scans, nuclear medicine tests, x-rays, etc. during 5 day study.</b></p> <p><b>*You will pass the capsule at which time you may or may not see it. If you do not see it, that is ok.</b></p> <p><b>*The capsule is disposable and can be flushed down the toilet.</b></p> <p><b>*Avoid consuming alcohol until after the study in completed.</b></p> <p><b>*Please bring a list of all your current medications, including any allergy or over-the-counter medications to your appointment.</b></p> <p><b>*Bring your current insurance card.</b></p> <p><b>*Please leave all jewelry and valuables at home.</b></p> <p><b>**Please inform your Doctor if you have a pacemaker, defibrillator, nerve stimulator, or history of Crohn's disease.**</b></p> <p><b><u>If you have any questions or problems, please call us at 912-303-4200 &amp; select the option to speak to a clinical staff.</u></b></p>
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