



## After You Swallow the SmartPill

**Call us right away if you have any of the following problems beyond any usual patterns:**

- **Abdominal pain**
- **Nausea or vomiting**

### **Follow These Instructions During Your Test**

- Do not eat food or use tobacco for 6 hours after starting the test (\_\_\_\_\_). You can have sips of water. After 6 hours, you can resume your normal diet and tobacco use.
- Keep the data recorder clipped to you at all times. At night you must sleep with it nearby. Putting it on a nightstand is too far away.
- Do not drink alcohol during the test.
- Do not use laxatives, anti-diarrhea medicines and other medicines that affect your bowel movements during the test.
- Avoid vigorous exercise such as sit-ups, abdominal crunches, and aerobic activity that lasts longer than 15 minutes.
- Until it is confirmed that you have expelled the SmartPill, you cannot have an MRI.
- It is important that you check your stool for the SmartPill. If you see the SmartPill before your follow-up appointment, please call our clinic nurse to report that you passed the SmartPill early.
- After you have a bowel movement, wait 2 minutes before you flush the toilet. This gives the data recorder the time to document possible passage of the SmartPill.
- Use the diary we provide or a sheet of paper to record events that happen during the test. An accurate record is vital for a good interpretation of the data collected.

## Questions?

Your questions are important. Please call if you have questions or concerns.

Weekdays between 8 a.m. and 5 p.m., call the Digestive Disease Center at 206-598-4377.

After hours and on holidays and weekends, call the Community Care Line at Harborview Medical Center at 206-744-2500.

## What to Record

Use a diary to record the date and time (as shown on the data recorder) of when you:

- Get up in the morning
- Go to bed at night
- Eat a meal
- Have nausea
- Have cramps or pain
- Pass gas
- Have a bowel movement
- Do a vigorous activity or exercise

## Using the Data Recorder

To mark an event:

1. Press the gray EVENT button on the data recorder.
2. Write down the date and time (as shown on the data recorder) and the event in your diary.

## Follow-up Visit After the Test

**Return the data recorder at your follow-up appointment on:**

\_\_\_\_\_ at \_\_\_\_\_ .

This will be a short visit to return the equipment and to bring in your diary. The information on the data recorder will be downloaded onto a computer. Your doctor will interpret the information.

Your doctor will call you with the results 1 to 2 weeks after your test.

**UW Medicine**

UNIVERSITY OF WASHINGTON  
MEDICAL CENTER

**Digestive Disease Center**

Box 356160  
1959 N.E. Pacific St. Seattle, WA 98195  
206-598-4377