

Smart Pill Preparation

Before the test:

- 3 days before the test, discontinue Amitiza/Linzess.
- Notify the office if you're taking Bentyl, Reglan, etc.

On the day before the test: ____/____/____

- Refrain from tobacco use 24 hours before the test.
- Refrain from alcohol use 24 hours before the test.
- Do not eat or drink anything after midnight.

On the day of the test: ____/____/____

Report to Suite 209 at: ____:____ AM/PM

- If you are diabetic, take half of your morning insulin dose, unless otherwise instructed.

Post-test Instructions:

- You'll be given a light breakfast or a snack bar before swallowing the capsule.
- After swallowing the capsule, do not eat anything for 6 hours. You can drink water during this time.
- Do not use laxatives until the capsule has passed.
- Once the capsule has passed, return the recorder as soon as possible.
- You'll need to wear the recorder for at least 4 days, but it won't affect your normal daily activities.
- Avoid heavy or vigorous exercise while wearing the recorder.
- Keep the recorder within 3 feet of your body, even when showering or bathing.

Please call us at 773-631-2728 if you have any questions.