



Digestive Health Center

WIRELESS MOTILITY CAPSULE (SMARTPILL)

INSTRUCTIONS

Appointment Date: _____ Arrival Time: _____ Procedure Time: _____ Physician: _____

**Plan to spend 1 hour in the GI Lab

- Location 259 E Erie St, **Lavin** Pavilion,
16th floor, Chicago, IL
- 675 N Saint Clair St, **Galter** Pavilion,
4th floor, Chicago, IL

Insurance Codes:

Procedure Code (CPT): 91112

Diagnosis Code (ICD 10): _____

Welcome

Northwestern Medicine Memorial Hospital strives for your experience with Endoscopy Services and the hospital to be excellent. Your safety and comfort are our primary concern and we want your stay to be an exceptional experience.

Appointment Information

You will receive an arrival time for your test. Please be aware that your test may be delayed due to unforeseen circumstances.

Please keep your original appointment. If you need to re-schedule your procedure, you MUST give at least a 7-day notice.

Return:

Please return to the clinic by _____ to remove the equipment.

For scheduling related matters, please call: 312.695.5620

For clinical concerns/questions, please call: 312.695.5620

Transportation and Parking

Parking for the Lavin location is available within the Lavin building located at 259 E. Erie Street, which is accessible from both Erie and Ontario streets. Bring your parking ticket to the GI lab for validation to receive a discount on your parking deck fee. Valet parking is available.

Parking for the Galter Pavilion is located at 222 E. Huron Street. Use second floor bridge to access Galter Pavilion.

If you are having another procedure the same day that requires sedation, please review the additional instructions for that procedure.

For more information on our parking garage locations, parking deck fees, and a map, please visit www.nm.org.

About your test

The wireless motility capsule is a disposable device that measures pressure, pH, and temperature as it passes through the body. Once the capsule is swallowed, test data is transmitted to a recorder to provide your physician with the necessary information to evaluate your entire GI tract. In order to capture accurate data, please follow the instructions as written. If you have any questions about the test or your appointment, please contact the office at (312) 695-5620.

Notify your physician if:

- You are scheduled for a magnetic resonance imaging test (MRI) following the examination period within 3 days. Please call (312) 695-5620 if you are unsure.
- If you have a history of bowel obstructions, abdominal radiation, or intestinal surgeries, please notify your ordering physician as you may need to complete an Agile Capsule test before completing the SmartPill test.
- If you have any dietary restrictions, please notify your care team as soon as possible as this test includes a meal as part of our protocol. We will do our best to accommodate any restrictions. Please obtain the “Larabar® Protein Apple Cobbler” from an online vendor as it is not available in stores prior to your test date.

<u>Timeline</u>	<u>Procedure Preparation</u>
3 DAYS BEFORE THE PROCEDURE	<ul style="list-style-type: none"> ➤ Please stop taking your PPI (proton pump inhibitor), H2 blockers, motility medications, macrolides, laxatives, anti-diarrheals, anti-spasmodics, and anti-nausea medications (see the medication section below for more specific information). ➤ Please contact your insurance company to verify coverage and if you will have any out of pocket costs, or precertification requirements. Please see the insurance/billing handout for more information on billing, coding, and potential out-of-pocket costs.
2 DAYS BEFORE THE PROCEDURE	<ul style="list-style-type: none"> ➤ Please stop taking opiate pain medications (see the medication section below for more specific information).
THE DAY BEFORE THE PROCEDURE	<ul style="list-style-type: none"> ➤ If you develop any moderate to severe cold symptoms (cough, sore throat, runny nose, etc.), a fever, new cut or wounds, or experience any other changes in your health before your procedure, please contact your physician’s office. <p><u>Diet Instructions:</u></p> <ul style="list-style-type: none"> ➤ Do not eat or drink anything 8 hours before your test, with the exception of water. This includes hard candy, gum, and tobacco. ➤ Take all of your regular medications as scheduled with a sip of water, except for the medications listed above/below.
THE DAY OF YOUR	<ul style="list-style-type: none"> ➤ Call your testing center if you cannot arrive at your scheduled time at 312.926.2425. ➤ You can continue taking your GI-related medications unless you are also scheduled for pH testing (BRAVO or pH-Impedance). If you are scheduled for a second test, consult

PROCEDURE

with your physician if they would like you to be on or off your GI/acid reducing medications.

- Bring a photo ID and insurance card.

WIRELESS MOTILITY CAPSULE PREPARATION GUIDELINES

GENERAL

- If you had a transplant or have scleroderma, please continue your prophylactic anti-biotics and immunosuppressive medications, and hold any of the other medications as listed below.
- Please arrive 15 minutes before your scheduled appointment time.
- **During the Wireless Motility Capsule Test**
 - The wireless motility capsule test lasts approximately 3-5 days. The GI Lab technician will explain the test to you and ask you several questions related to your GI symptoms. This test requires no anesthesia or sedation, and allows you to remain ambulatory during this test.
 - Your initial visit is approximately 30-45 minutes with the manometry technician. You will be given a specially designed granola bar for this test to stimulate your digestive system, and then you will be asked to swallow the wireless motility capsule, which will be carried through your gastrointestinal tract by muscle movements in your intestines. You will need to fast again for 6 hours after ingesting the capsule to provide accurate test results. After the 6 hours has passed, you may resume a normal diet.
 - A data recorder will need to be worn around your waist for the entire test to capture the results. You will be asked to press a button on the recorder to track when you take your medications and when you have a bowel movement. You will keep a log/diary of your eating and sleeping to turn in when you return the monitor, and no appointment is necessary to return the equipment. The manometry technician will give you additional instructions while at the appointment.
- **After your Wireless Motility Capsule Test**
 - After your test, it may take 3-5 days for the capsule to be passed normally through your bowel movements and then is safely flushed down the toilet. You will not need to return this device to your physician's office as it is disposable. Unless instructed differently by your physician, you may resume taking all of your normal medications after your test has been completed.
 - Your test results will be reviewed, and a report will be given to your physician within 7 business days of your visit. If you do not receive your results via telephone or MyChart within 7-10 business days, please call your doctor's office.
 - You may resume your acid blockers and other held medications 24 hours after swallowing the capsule.

MEDICATIONS

- You may take all of your normal medications (except the medications listed below) with water prior to your procedure.

MEDICATIONS TO HOLD PRIOR TO YOUR PROCEDURE:

Medication Class	Specific Medications
<u>3 Days Prior to Your Appointment</u>	
Proton Pump Inhibitors	Omeprazole (Prilosec/Zegerid), Esomeprazole (Nexium), Lansoprazole (Prevacid), Pantoprazole (Protonix), Dexlansoprazole (Dexilant) or Rabeprazole (Aciphex)
Histamine-2 Blockers	Cimetidine (Tagamet HB), Famotidine (Pepcid AC), Ranitidine Hydrochloride (Zantac), and Nizatidine (Axid)
Motility Medication	Cisapride (Propulsid), Domperidone (Motilin), Metoclopramide (Reglan)
Macrolides	Erythromycin, Clarithromycin, Azithromycin
Laxatives	Tagaserod (Zelnorm), Milk of magnesia, Polyethylene Glycol 3350 (Miralax), Senna, Lubiprostone (Amitiza), Linaclotide (Linzess), Plecanatide (Trulance), Prucalopride (Motegrity) Bisacodyl (Dulcolax), and Docusate (Colace), Senna (Smooth Move Tea)
Anti-diarrheals	Loperamide (Imodium), Diphenoxylate-Atropine (Lomotil)
Anti-spasmodics	Hyoscyamine and Dicyclomine (Bentyl)
Anti-Nausea Medications	Ondansetron (Zofran), Granisetron (Kytril), Promethazine (Phenergan), Prochlorperazine (Compazine)
<u>2 Days Prior to Your Appointment</u>	
Opiate Pain Medication	Oxycodone, Hydrocodone, Codeine, Hydromorphone, Fentanyl, and Morphine
<u>1 Day Prior to Your Appointment</u>	
Anti-acid Medication	Maalox, Mylanta, TUMS, Gaviscon, and Roloids

Additional Instructions:

CONTACT INFORMATION

Please review this document and the FAQ section before calling our office with questions as your question may be answered from within this document.

Clinic312.695.5620
Procedure Scheduling312.695.5620
Pre-Certification312.926.4645
Billing844.669.2455
Financial counseling/price estimates
312.926.6906
Hospital312.926.9000
Medical Records312.926.3376
Digestive Health Fax312.695.7095
dhc.nm.org