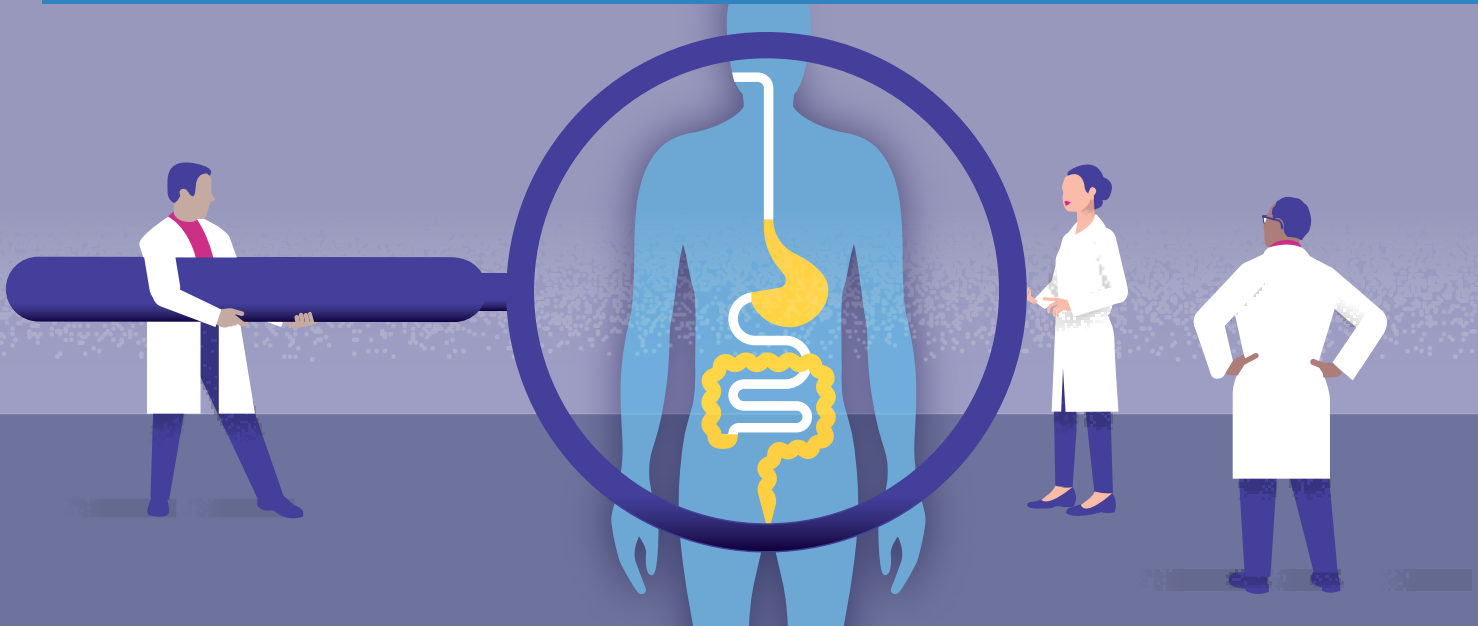


Wireless Capsule Motility Test SmartPill™ Preparation Instructions



- DISCUSS MEDICATIONS** and any health conditions you have with your doctor. Your doctor will provide instructions for how to appropriately adjust your medications prior to your test. Instructions may include the following changes:
 - If you are diabetic, your medications might need to be adjusted. Please consult your prescribing doctor.
 - Take scheduled medications at least 2 hours prior to your test with a small amount of water.
 - You might need to stop taking certain medications for this test. Please read below for details.



- SCHEDULE** your wireless capsule motility test. Please **call our office at 310-208-5400** to schedule your Wireless Capsule Motility Test, if it was not scheduled for you at your clinic appointment. Note: The PCC may also call you to schedule the procedure.



LOCATION Your wireless capsule motility test will be performed by a physician at the locations listed:

- UCLA Medical Center
100 UCLA Medical Plaza**
100 UCLA Medical Plaza #205
Los Angeles, CA 90095
Date _____
Time _____
(Please check in 15 minutes before procedure time)

- UCLA Medical Center
200 UCLA Medical Plaza**
200 UCLA Medical Plaza #320
Los Angeles, CA 90095
Date _____
Time _____
(Please check in 1 hour before procedure time)

IF YOU ARE ON ANY MEDICATIONS LISTED BELOW, PLEASE FOLLOW THESE INSTRUCTIONS:



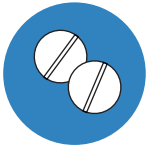
7 DAYS BEFORE YOUR TEST STOP TAKING

- **Proton pump inhibitors** - This includes, but is not limited to rabeprazole (Aciphex), omeprazole (Prilosec), lansoprazole (Prevacid), dexlansoprazole (Dexilant), esomeprazole (Nexium), pantoprazole (Protonix).



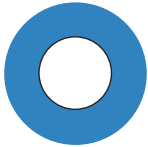
3 DAYS BEFORE YOUR TEST STOP TAKING

- **Motility-altering medications** - This includes, but is not limited to domperidone (Motilium), metoclopramide (Reglan), prucalopride (Resolor or Motegrity), tegaserod (Zelnorm), pyridostigmine (Mestinon).
- **Antiemetics & 5HT3 antagonists** - This includes, but is not limited to ondansetron (Zofran), kytril (Granisetron).
- **Macrolides** - This includes, but is not limited to erythromycin, azithromycin.
- **Anticholinergics** - This includes, but is not limited to promethazine (Phenergan), prochlorperazine (Compazine), dicyclomine (Bentyl), hyoscyamine (Levsin).
- **Anti-diarrheals** - This includes, but is not limited to loperamide (Imodium), diphenoxylate and atropine (Lomotil).
- **Laxatives** - This includes, but is not limited to polyethylene glycol (Miralax), lubiprostone (Amitiza), bisacodyl (Dulcolax), Senna, sorbitol, docusate (Colace), lactulose, linaclotide (Linzess), Milk of Magnesia, magnesium laxatives, plecanatide (Trulance), tenapanor (IBSRELA).
- **Synthetic hormone** - This includes, but is not limited to octreotide (Sandostatin).
- **Opioid pain medications** - This includes but is not limited to hydromorphone (Dilaudid), fentanyl, morphine, hydrocodone (Norco), oxycodone (Percocet), Tramadol.



2 DAYS BEFORE YOUR TEST STOP TAKING

- **Histamine2 blockers** - This includes, but is not limited to famotidine (Pepcid), cimetidine (Tagamet), ranitidine (Zantac), nizatidine (Axid).



1 DAY BEFORE YOUR TEST STOP TAKING

- **Antacids** - This includes, but is not limited to Maalox, Mylanta, Roloids, TUMS.



THE NIGHT BEFORE YOUR TEST do not eat or drink anything after midnight. Do not use tobacco during this fasting period and do not drink alcohol 24 hours before your test.



THE MORNING OF YOUR TEST take your usual morning medications (including blood pressure medications), at least 2 hours prior to your procedure with a small amount of water. Do not eat, drink, or smoke. (Remember to continue to hold the medications mentioned above.)



DURING THE TEST

- You will eat a special nutrition bar before you swallow the capsule. It contains a small amount of gluten, it does not contain lactose or nuts, but it is made at a plant that processes nuts. The ingredients are listed below. If you cannot eat this bar, please discuss this with your doctor to see if there is an alternate test that can be ordered for you.
 - Nutrition bar ingredients: glucose syrup, soy crisps, oats, pea protein, puffed wheat (wheat, sugar), concentrated pineapple juice, fructose, dried cranberries (cranberries, sugar, sunflower oil), dried apples, brown sugar, invert sugar, glycerin, honey, potassium sorbate (preservative), flavors. Contains: wheat gluten, soybeans. May contain tree nuts and sesame.
- You will be instructed to swallow the wireless capsule with a cup of water. The capsule is slightly larger than a large vitamin.
- You will wear the recorder on your body except when bathing or sleeping. When you are sleeping you may place the recorder under your pillow or on a nightstand close to your bed. Please do not set down the recorder and walk away from it as this will interrupt the recording.
- You must not use tobacco or eat for 6 hours after starting the test.
- You may resume your normal diet 6 hours after swallowing the capsule. Please do not drink alcohol during the test.
- If you normally take medication for acid suppression (i.e., proton pump inhibitors, histamine2 blockers, or antacids – refer to previous list), you may resume them the day after you swallowed the SmartPill™.
- Avoid vigorous exercise (i.e., abdominal crunches, aerobic or cardio activity lasting longer than 15 minutes.)
- When you have a bowel movement, **wait 3 minutes before flushing** the toilet. This will help determine if the capsule has left your body.
- 5 days after you have swallowed the capsule, return the recorder.

WHAT IS THE WIRELESS MOTILITY CAPSULE STUDY AND WHAT CAN I EXPECT DURING THE TEST?

WIRELESS MOTILITY CAPSULE

The wireless motility capsule is a pill-sized device that measures pressure, temperature and pH. Based upon these parameters the location of the capsule in the GI tract can be determined, so gastric emptying, small bowel transit and colon transit can be evaluated. It is used to diagnose delayed gastric emptying, small bowel motor dysfunction and slow transit constipation. You will be instructed to stop taking medication for acid reflux and promotility for several days before the test. You will also be asked to fast for six hours before the test. At your appointment, you will be given a recorder to wear for the duration for the study. You will eat a defined composition nutrient bar provided by our office, and then you will swallow the capsule with water.

After swallowing the capsule, you will need to avoid eating and/or drinking anything for 6 hours. Once the fasting period is over, you can eat and drink as usual, and you can resume any treatment for acid reflux. The test can take up to 5 days at the most. The test can end sooner if the capsule has passed out of the body in stool before then. After you return the equipment, the data are loaded onto a computer and interpreted by gastroenterologists who are experts in the field. Also, do not have an MRI for 30 days following the procedure, or if you are not certain that you have passed the capsule in your stool. Undergoing an MRI while the capsule is still inside you can result in serious damage to your body.

