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), 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, Rolaids, 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.)
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 of 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.