



Wireless motility capsule (SmartPill™) test

Information for patients



What is a wireless motility capsule (SmartPill™) test?

The test involves swallowing a special capsule that will pass through your digestive system. The SmartPill™ works by taking a series of measurements such as pH and pressure as the capsule travels through your gastrointestinal tract over several days.

The device captures 'events' such as meals, bowel movements and symptomatic episodes such as bloating, nausea or abdominal pain.

It also identifies characteristic changes in various parameters in different sections of your GI tract and measures how strongly or weakly the gut contracts during your test. This gives a comprehensive picture of how your whole gut is functioning.

Are there any risks associated with your test?

As with all ingestible capsule devices there are some risks although these are rare:

- **Capsule aspiration** (going into the windpipe) during swallowing. There have been a very few cases of this happening, however, patients with proven or suspected swallowing disorders should not be referred for the test. If you have trouble swallowing tablets, please inform your consultant.
- **Capsule retention** (not passing naturally or getting 'stuck' in the bowel). There is a less than 1% report of the SmartPill™ being retained for longer than 7 days after being swallowed. These have all been either passed naturally or

required a further non-surgical procedure to retrieve the capsule. In the extreme event this is retained within the small bowel a surgical option may be considered and an operation to remove it may be required. In the event of a complication or emergency, patient care will be consultant led and you should call your consultant on the emergency number provided.

What preparation is required for your test?

For 5 days before your test

- ✗ **Do not take proton pump inhibitors (PPIs)**
Losec, Nexium, lansoprazole, omeprazole, esomeprazole etc.
- ✓ You can continue taking any other essential medicines.

For 2 days before your test

- ✗ **Do not take H2 receptor antagonists**
Zantac, Tagamet, ranitidine etc.
- ✗ **Do not take pro-motility agents**
Domperidone, azithromycin etc.

The day before your test

- ✗ **Do not take antacids**
Gaviscon, Milk of Magnesia, Rennie etc.
- ✗ **Do not drink any alcohol.**

For 6 hours before your test

- ✗ You must stop eating and drinking and fast for 6 hours before your test.

On the day of your test

- ✓ You can have small sips of water (maximum of 300 ml) until the start of your test.
- ✓ You may take your essential medicines with a small amount of water but do not take anything that may affect your bowel (see previous list).
- ✓ You may brush your teeth, but please try not to swallow any toothpaste.
- i If you are diabetic requiring insulin or diabetes medicine, please ask your doctor if you should change your morning dose. Oral hypoglycaemic medicines are usually not taken that morning until completion of the test and you start eating again.

What happens during your test?

- 1 Your physiologist will explain your test to you, ask you questions about your symptoms and confirm that you have had nothing to eat or drink apart from water in the 6 hours prior to your test.
- 2 You will be asked to eat a test meal before swallowing the wireless motility capsule which is about the size of a large vitamin capsule with water.
- 3 After swallowing the capsule, you will be fitted with a small recording unit that receives wireless transmissions from the capsule.
- 4 You will need to wear the data recorder at all times for 1 – 5 days.
- 5 Please do not allow the receiver to get wet.

- 6 During the test period you should not:
 - a. Use any medication that affects your bowel movement until the SmartPill™ has passed.
 - b. Do any rigorous exercises that target the abdomen area or aerobic activity of more than 15 minutes.
 - c. Flush the toilet immediately after each bowel movement, please wait 1 - 2 minutes.
 - d. Undergo an MRI scan as this may have other health implications.
- 7 You will know when the test is over when the capsule has passed naturally with your bowel movement as it stops transmitting to the receiver, a small cross will be displayed.
- 8 Please call us on 0207 486 7777 to arrange convenient time to return the receiver box to us.

⌚ **Your test will last 60 minutes.**

- ✗ You are free to leave straight away after your test however please refrain from eating any food for 6 hours after swallowing the capsule. You can have small quantities of water if you are thirsty. After this time, you can resume your normal diet but please ensure you follow the instructions above regarding medication, exercise, toilet habit and MRI scans.

How will I get my results?

Your results will be sent by secure email to both you and your referring consultant/doctor. We aim to send out all patient results within five working days of completion of your test.

Key ✓ Do ✗ Do not i Additional info



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