

pH.p Capsule

Important Patient Information and Instructions

1. The Evening Before the Test

- You must fast overnight the evening before your test. Do not eat or drink anything after 12 midnight the night before the test.
- Refrain from tobacco use during the fasting period.
- Discontinue the use of the medications listed below for

3 days prior to your test:
no PPI 5 days prior
no Diuretics 24 Hrs before test

2. The Day of the Test

- Do not eat, drink, or smoke anything in the morning before going to the doctor's office. The SmartPill test will include a small meal that will be provided to you at the doctor's office.
- If you are a diabetic, take one half of your morning insulin dose, unless otherwise instructed by your doctor.
- You should arrive at the doctor's office at _____ on _____

3. For the Duration of the Test

- You must wear the Data Receiver for the duration of the test. The Data Receiver can be worn on a lanyard around the neck or on a belt clip.
- No food for six (6) hours after starting the test. Food intake during the first six (6) hours after capsule ingestion will affect test results. You may have small quantities of water (up to 1/2 cup total) during the six (6) hours.
- Six (6) hours after ingestion, a nutritional drink (e.g., Ensure®) may be consumed.
- Eight (8) hours after ingestion you may resume your normal diet.
- Diabetic patients should monitor glucose levels and follow their personal treatment plan. If there is any uncertainty, you should contact your doctor.
- Refrain from using laxatives, bowel cathartics, anti-diarrhea medications, and other medications that affect motility until after the pH.p capsule is passed.
- Avoid vigorous exercise such as sit-ups, abdominal crunches, and prolonged aerobic activity (greater than 15 minutes) during the monitoring period.

CAUTION

Do not bathe while wearing the Data Receiver – when you shower or take a bath, you must remove the Data Receiver and place it as near to the shower or bathtub as possible.

CAUTION

If the Data Receiver is placed too far away from your body (greater than 4-6 feet) some test information might be lost.

- You may find it uncomfortable to sleep while wearing the Data Receiver. You may place the Data Receiver on a nearby table or night stand while you sleep, but it must remain within 4-6 feet in order to maintain communication with the Capsule.
- The Data Receiver features an "EVENT" button. Press the EVENT button when you have a bowel movement and record the DATE and TIME of the EVENT in your diary. Your doctor may ask you to press the EVENT button for other events such as:
 - eating a meal
 - going to bed at night
 - cramping or pain
 - nausea
 - getting up in the morning
 - passing gas
 - any vigorous activity

WARNING

You must not have an MRI test while the SmartPill capsule is still inside your body. Please carry the warning card (below) with you at all times until your doctor confirms capsule exit.

MRI WARNING

I am currently undergoing a SmartPill test. SmartPill is an ingestible capsule device that restricts me from having an MRI.

If there are any questions, please contact my physician:

(502) 896-4711 ext 10