



## SmartPill® Motility Monitoring: Frequently Asked Questions

As you and your physician discuss decisions about your health, it is always important to have as much information as possible. Listed below are some of the most commonly asked questions about SmartPill motility monitoring.

### Q: What is SmartPill?

A: SmartPill is a disposable capsule that you swallow at your physician's office. The capsule travels through your GI tract and wirelessly transmits data about your GI tract to a recorder worn on a belt clip or lanyard. The data collected by SmartPill allows your physician to thoroughly evaluate your entire GI tract without using radiation. Because SmartPill does not require sedation, after swallowing the SmartPill capsule, you are able to resume most of your daily activities while test data are collected.

If you experience unexplained gastrointestinal (GI) symptoms such as nausea, bloating, constipation, abdominal pain or vomiting, SmartPill offers a convenient way to measure important information related to your GI symptoms.

### Q: What information about my gastrointestinal (GI) tract does the SmartPill measure?

A: SmartPill measures the amount of time it takes to move food through specific regions of the GI tract and the overall amount of time it takes to move food through the entire GI tract. This information, along with additional data collected by SmartPill, allows your physician to determine if and how the symptoms are related to conditions such as chronic constipation and gastroparesis (a condition in which the contents of the stomach empty too slowly).

### Q: What should I expect before, during and after the SmartPill motility monitoring test?

#### A: Day 1

Because SmartPill measures the amount of time it takes food in your stomach to empty, when you arrive at your physician's office you will be provided with a SmartBar® meal to eat prior to swallowing the SmartPill capsule.

After eating the SmartBar® meal, you will be given the SmartPill recorder that records data that will be wirelessly transmitted from the SmartPill capsule. This recorder should remain within two feet of you during the entire test and can be worn on a belt clip or lanyard for optimal mobility.

After swallowing the capsule at your physician's office, you will be able to return to most of your normal activities but should avoid excessive exercise.

#### Day 1-5

Throughout the test, the recorder should be worn at all times except during bathing and sleeping. The recorder should be kept within two feet of you to ensure that all data are being transmitted and collected from the SmartPill capsule.

#### Day 3-5

Once the SmartPill has passed with a regular bowel movement, you will return to your physician's office and the data will be downloaded from the recorder.

#### Interpretation and Consultation

Once the data have been downloaded, your physician will analyze and interpret your results. Your physician will discuss the test results with you.

#### **Q: What is the SmartBar?**

A: The SmartBar is a standardized meal replacement (similar to a granola bar) which is eaten just prior to swallowing the capsule. Its specific nutritional make-up and calorie content are important for a valid test result. While low in gluten, the SmartBar is not gluten-free.

#### **Q: Why do physicians recommend SmartPill?**

A: When a patient has unexplained GI symptoms like nausea, bloating, constipation, abdominal pain or vomiting, it's important for a physician to collect data about the patient's GI tract to determine if and how the symptoms are related to conditions such as chronic constipation or gastroparesis.

SmartPill offers a convenient way to collect data about the GI tract without using radiation or without severely interrupting a patient's daily activities.

#### **Q: Does the SmartPill capsule take pictures?**

A: SmartPill does not take pictures. As the capsule naturally passes through your GI tract, it collects valuable information including measuring the amount of time it takes to move food through specific regions of the GI tract and the overall amount of time it takes to move food through the entire GI tract.

#### **Q: What is the size of the SmartPill capsule?**

A: The SmartPill capsule is 26 mm x 13 mm and is slightly larger than a multi-vitamin.

#### **Q: Can SmartPill replace any currently used procedures?**

A: SmartPill can replace alternate tests which require radiation exposure and up to three trips to the hospital.

**Q: Is SmartPill reimbursed by insurance?**

A: Speak with your insurance carrier and then your physician's office for coverage details as every insurance plan is different.

**Q: Is SmartPill approved for children?**

A: No. SmartPill is not approved for children under the age of 18 years.

**Q: Are any latex materials used in the SmartPill capsule?**

A: No. Latex materials are not used in the SmartPill capsule.

**Q: Will I feel any pain or discomfort from the capsule?**

A: You should not feel any pain or discomfort when swallowing the capsule or while the capsule moves through your GI tract. It is naturally passed during a bowel movement, usually within a few days.

**Q: How long is the recovery?**

A: Recovery is immediate. The test does not require sedation or drinking a liquid prep to empty any part of your GI tract prior to the test.

**Q: Are there any side effects?**

A: You should not experience any side effects related to the SmartPill motility monitoring test. The capsule passes with a regular bowel movement within a few days. If you experience any unusual symptoms or medical conditions, consult your physician immediately.

**Q: Do I need to let my physician know about any medications I am taking?**

A: Yes. Prior to your test, you should talk with your physician about the prescribed medications you take including pain medications, sedatives, tranquilizers, antispasmodics and promotility medications. Some medications will not affect the test and may be continued as per your physician's instructions. These include medications for heart disease, high blood pressure and diabetes.

**Q: Is SmartPill motility monitoring right for everyone?**

A: No. Before swallowing the SmartPill capsule, your physician should rule out physiological and/or mechanical GI obstruction as a cause of your symptoms. SmartPill is not intended for use in children under the age of 18 years. Significant data dropout can occur in severely obese patients (>40 BMI). Do not undergo an MRI until capsule passage is confirmed by physician

review of the MotiliGI<sup>®</sup> graph or an x-ray of the kidneys, ureter and bladder (KUB). The risks of SmartPill motility monitoring include capsule retention or aspiration. If a SmartPill capsule is in the body during an MRI test, there is a risk of damage to the GI tract.



Talk to your physician about your symptoms and testing options to see if SmartPill motility monitoring is right for you.

*Information on this site should not be used as a substitute for talking with your physician. Always talk with your physician about diagnosis and treatment information.*