

MOTILITY CAPSULE TEST

INSTRUCTIONS

Read this today. Some medicines must stop **7 days** before your test. Follow these steps **exactly**. If you do not, the test may need to be done again.

CANCEL POLICY: Need to cancel or change your visit? Call us at least **24 hours** before. If you do not show up, cancel late, or do not follow the no-eating (fasting) or prep steps, you will pay a **\$100 fee**.

YOUR TEST SCHEDULE

DATE: ____/____/____ **ARRIVAL TIME:** ____ AM/PM

PLACE: **Unio Specialty Care** — 6271 Rosemead Blvd, Temple City, CA 91780 — 626-898-4560

BEFORE YOUR TEST

WHEN	WHAT TO DO
24 hours before	No alcohol.
8 hours before	Do not eat or drink. No smoking or vaping. (Only a small sip of water for your morning pills.)

MEDICINES TO STOP BEFORE YOUR TEST

- These medicines change how your gut moves. Stop them on the day shown. Do **not** start them again until the capsule has come out. If your medicine is **not** on this list, keep taking it.

STOP	TYPE	MEDICINES
7 DAYS before	Stomach acid pills (PPI / PCAB)	omeprazole (Prilosec), esomeprazole (Nexium), lansoprazole (Prevacid), pantoprazole (Protonix), dexlansoprazole (Dexilant), vonoprazan (Voquezna)
2 DAYS (48 hours) before	Stomach acid pills (H2 blockers)	famotidine (Pepcid), ranitidine (Zantac)
	Gut-speed medicines	metoclopramide (Reglan), prucalopride (Motegrity), domperidone, cisapride
	Nausea medicines	ondansetron (Zofran), granisetron (Kytril)
	Some antibiotics (macrolides)	erythromycin, azithromycin (Zithromax)
	Anticholinergics	promethazine (Phenergan), prochlorperazine (Compazine)
	5-HT4 medicine	tegaserod (Zelnorm)
1 DAY (24 hours) before	Antacids	Maalox, Mylanta, Rolaids, Tums

DIABETES

- Insulin:** take **HALF (½)** your usual morning dose. Check your blood sugar like you normally do.
- Diabetes pills:** ask the doctor who treats your diabetes what to do. If you are not sure, call that doctor.

MORNING OF YOUR TEST

YOUR OTHER MORNING MEDICINES: Before you leave home, take **ALL** your other morning medicines that are **not** on the stop list — **including blood pressure medicines** — with a **small sip of water**.

AT YOUR APPOINTMENT

- We give you a special **snack bar**. Eat it right before you swallow the capsule. This helps the test measure how fast food moves through your gut.
- Tell us if you have a **nut allergy** or a **gluten** problem.
- We will teach you how to use the **recorder** and the **MotiliCap app** on the phone we give you.

FOR 6 HOURS AFTER YOU SWALLOW THE CAPSULE

- **Do not eat.** Do not take any medicine.
- **Do not sleep.**
- No hard exercise (like sit-ups, crunches, or exercise longer than 15 minutes).
- After 6 hours, you can eat normal food again and go back to normal activity.

UNTIL THE CAPSULE COMES OUT (THE WHOLE TEST)

- No alcohol. No smoking or vaping.
- No laxatives, no diarrhea medicine, and none of the medicines on the stop list.
- Keep the recorder close to your belly — **no more than 3 feet away**.
- Take the recorder off when you bathe or shower. Do not wear the lanyard while you sleep — keep the recorder next to you in bed.
- **Diabetes:** check your blood sugar and follow your usual plan. If you are not sure what to do, call the doctor who treats your diabetes.

RECORD THESE IN THE APP

Each time one of these happens, mark it in the MotiliCap app. Marking each poop helps us know when the capsule came out.

- | | |
|---|-----------------------------|
| • Each poop (bowel movement) | • Going to bed at night |
| • Eating a meal | • Passing gas |
| • Feeling sick to your stomach (nausea) | • Cramps or belly pain |
| • Waking up in the morning | • Hard exercise or activity |

CHECK FOR THE CAPSULE

- Look in the toilet **every time you poop** to see if the capsule came out.
- If you see it: **do not flush yet**. Wait 30 minutes. When the recorder light starts flashing, press the button on the recorder. Then flush.

RETURN THE RECORDER

Come back in about **4–5 days** (96–120 hours) after you swallow the capsule to return the recorder. It may be sooner or later. It depends on when the capsule comes out.

Call us right away at 626-898-4560 if you have **bad belly pain, sudden nausea, or throwing up** that is not normal for you in the 5 days after you swallow the capsule. This could mean your gut is blocked. In an emergency, call 911.

⚠ NO MRI until a doctor confirms the capsule has left your body (by reading the test graph or an X-ray). An MRI with the capsule inside can hurt your gut.

Questions? Call us at **626-898-4560**. Anyone on our staff can help you.

I received and understand these instructions and the Cancellation/No Show policy (\$100 fee). I understand that I must cancel at least 24 hours before my appointment.

Patient name (please print): _____

X _____ Date: _____

Patient signature