Motility Capsule at the Digestive Health Center

The motility capsule procedure is a single-use, ingestible capsule that measures pH, transit time, and temperature as it passes through the entire GI tract. As the motility capsule travels through your digestive tract, it collects data and sends it to a wireless data receiver, worn on a belt/lanyard. After five days, you return the data receiver to the Digestive Health Center. The data is then downloaded to a computer giving your doctor information to evaluate your stomach, small bowel, and colon. The capsule will pass out of your body in a bowel movement. You do not need to save the capsule.

One week before testing:

Medicines affecting acid and motility may need to be stopped before your test. Before starting or stopping any medicine, please talk with your doctor who prescribes your medicine.

- **Stop gastric pH altering medicines such as proton pump inhibitors 7 days** before exam such as Prilosec® (omeprazole), Nexium® (esomeprazole), Aciphex® (rabeprazole), Prevacid® (lansoprazole), Protonix® (pantoprazole), Zegerid® (immediate release omeprazole), and Dexilant® (dexlansoprazole)
- **Stop promotility medications 7 days** before the exam such as Reglan® (metoclopramide), Motilium® (domperidone), erythromycin, and azithromycin.
- **Stop laxatives and anti-diarrheals 5 days** prior to testing.
- **Stop histamine blockers 2 days** before exam such as Zantac® (Ranitidine), Tagamet® (Cimetidine), Axid® (Nizatidine), Pepcid® (Famotidine).
- **Stop opiate pain medications if possible 2 days** prior to exam. (oxycodone, hydrocodone, codeine, hydromorphone, fentanyl, morphine)
- **Stop antacids 1 day** before exam.

Diabetes medicines (oral and insulin) may need to be adjusted for the time when you can’t eat. Please talk with your primary doctor about this.

Day before testing:

- Do not eat or drink anything after 12 midnight the night before the test.
- Do not use any tobacco during the fasting period.
- Do not drink alcohol 24 hours before the test and during the test.

Day of procedure:

Your appointment will last about 30 minutes.

Your care team will give you a small meal bar to eat. After the meal you will swallow the capsule with a small amount of water. **You cannot eat or drink anything except for small sips of water for six hours after swallowing the capsule.** After six hours, you may eat and drink as you wish, return to your normal routine.
Duration of test/study period:

- You will wear the data receiver for 5 days. You must wear the recorder on your body at all times during the test except when you bathe or shower. Remove recorder and keep as near to shower or bath tub as possible and do not let recorder to get wet.

- Until the capsule has passed, do not drink alcohol; no vigorous exercise; and do not take those medicines that you stopped for the exam.

- During testing period you will need to document when you eat and when you have bowel movements. Press the event button on recorder, then note Date and Time on your Diary.

- During the testing period, wait 3 minutes before flushing the toilet after each bowel movement.

- Report any new belly pain, nausea, or vomiting to your doctor if the capsule has not passed. You may need an x-ray exam.

- Return the recorder to Digestive Health Center 2nd Floor Reception at the end of the 5 day study period or earlier if capsule passes in less than 5 days.

The capsule is not MRI compatible. If you are unsure that the capsule has passed an x-ray will be needed before any MRI testing.

Follow up:

You will follow up with your doctor as planned after testing. Please allow 1-2 weeks for the reports to be finished and ready for your doctor to look over.

UW Health Digestive Health Center
750 University Row
Madison, WI
(608) 890-5010
(855) 342-9900