

# Dr. Arora \* Dr. Sharma \* Dr. Ferenczi

## Patient Instructions For PillCam®Small Bowel Capsule Endoscopy

Patient: \_\_\_\_\_ Appointment Date \_\_\_\_\_ Time \_\_\_\_\_

To ensure the best results for your PillCam capsule endoscopy of the small bowel, follow your doctor's instructions carefully and completely.

### Day Before Capsule Endoscopy

1. **Start the prescribed liquid diet in the morning and continue through out the day.** See liquid diet instructions form
2. **Only take the** necessary medication with a sip of water 10 hours before your capsule endoscopy.

### Day of Capsule Endoscopy

1. At 4:00 a.m. **mix 1 full dropper of Mylicon with Magnesium Citrate (over the counter), and drink the prep.**
2. **Make sure that 2 hours before having the procedure you Do Not take any medication.**
3. **Do not apply body lotion or powder to your stomach area.**
4. **Wear loose fitting two-piece clothing. Your upper clothing should be opaque, not sheer.**
5. **If you take any medications you can start taking your medication(s) 4 hours after swallowing the capsule.**

### After Swallowing the PillCam SB Capsule

**(!)** The capsule endoscopy procedure will last approximately 12 hours. Contact your doctor's office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.

1. **You may drink colorless liquids starting 2 hours** after swallowing the PillCam SB capsule.
2. **You may have a light lunch 4 hours after ingestion.** After the procedure is completed, you may return to your normal diet.
3. **Check the blue flashing DataRecorder light every 15 minutes** to be sure it is blinking twice per second. Either the recorder will come to an end after 12 hours or you have passed the capsule.
4. **Use the Capsule Endoscopy Event Table, to note the time of any event** such as eating, drinking or a change in your activity. Return the completed Event Form to your doctor at the time you return the equipment.
5. **Avoid strong electromagnetic fields** such as MRI devices or hand radios after swallowing the capsule and until you pass it in a bowel movement.
6. **Do not disconnect the equipment or completely remove the belt** at any time during the procedure.
7. **Treat the DataRecorder carefully.** Avoid sudden movements and banging of the DataRecorder.
8. **Avoid direct exposure to bright sunlight.**
9. **Once passed the capsule, please Do Not retrieve it.**

**Capsule Endoscopy Event Table**

Time	Event (eating, drinking, activity and unusual sensations)