

## INSTRUCTIONS FOR PILLCAM SMALL BOWEL ENDOSCOPY

Patient Name: \_\_\_\_\_ Procedure Date: \_\_\_\_\_

Doctor: \_\_\_\_\_ Appointment Time: \_\_\_\_\_

**IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, WE ASK THAT YOU GIVE US 72 HOURS NOTICE. If you do not call and fail to show up for your scheduled appointment you will be charged a "No Show Fee" of \$100.**

**TO ENSURE THE BEST RESULTS FOR YOUR CAPSULE ENDOSCOPY, PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY AND COMPLETELY.**

**ONE WEEK PRIOR TO YOUR CAPSULE ENDOSCOPY, PLEASE STOP TAKING ANY IRON AND/OR FISH OIL SUPPLEMENTS.**

### **THE DAY BEFORE YOUR CAPSULE ENDOSCOPY:**

1. You may have breakfast and lunch; you must finish eating by 12:00pm.
2. You may not have anything red (i.e., no red meat, strawberries, cherries, etc.).
3. You may not have any dairy products.
4. After 12:00pm, you must remain on a CLEAR LIQUID DIET for the rest of the day (see below).

You MAY Have:	You May NOT Have:
Water, Seltzer, Apple Juice, Sprite, Ginger Ale, Plain Jello (not red or purple), Bouillon or Clear Broth, Gatorade (not red or purple), White Grape Juice, Italian Ice (not red or purple), Black Coffee or Tea (no milk or creamer)	Gum, Solid Foods, Alcohol, Lemonade, Milk or Milk Products

5. **YOU MAY NOT EAT OR DRINK ANYTHING AFTER 10:00PM!**

### **THE DAY OF YOUR CAPSULE ENDOSCOPY:**

1. Do not take any medication 2 hours before your appointment.
2. Wear a top made of thin, natural fiber (such as a t-shirt), that is long enough to reach your hips and will not ride up above the belt.

### **AFTER SWALLOWING THE CAPSULE:**

**THE CAPSULE ENDOSCOPY PROCEDURE WILL LAST APPROXIMATELY 8-9 HOURS. CONTACT OUR OFFICE IMMEDIATELY IF YOU SUFFER FROM ANY ABDOMINAL PAIN, NAUSEA, OR VOMITING DURING THE PROCEDURE.**

1. Two hours after swallowing the PillCam capsule, you may drink clear liquids.
2. Four hours after swallowing the PillCam capsule, you may have a light snack.
3. **RETURN TO OUR OFFICE AT 3:30PM TO HAVE THE EQUIPMENT REMOVED.**
4. After the examination is complete, you may resume your normal diet.

### **IMPORTANT – WHILE WEARING THE DATA RECORDER:**

1. Be sure the sensor belt is tight at the waist. Do not attach anything to it.
2. Check the blue flashing data recorder light every 15 minutes, to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact our office.
3. Avoid strong electromagnetic fields such as MRI devices after swallowing the capsule and until you pass it in a bowel movement.
4. Do not disconnect the equipment or remove the data recorder at any time during the procedure.
5. Treat the data recorder carefully. Avoid sudden movements and banging the data recorder.