

PREPARE for **Small Bowel Capsule Endoscopy– NaviCam**

** Please be advised that there is a \$100 “No Show” fee if you fail to attend your procedure. In the event you need to cancel, please call the office AT LEAST 72 hours prior to your appointment date. **

THE DAY BEFORE YOUR APPOINTMENT:

- Do NOT eat anything red in color [ex: red meat, strawberries, cherries, etc.]
- Do NOT have any dairy products
- Starting at 12:00pm, you MUST remain on a CLEAR LIQUID DIET until 10:00pm

YES	NO
- Water, Sprite, Seltzer, Ginger Ale - Bouillon or clear broth - White grape juice, apple juice - Gatorade [not red or purple] - Plain Jello [not red or purple] - Italian Ice [not red or purple] - Black coffee or tea [no milk or creamer]	- Solid foods - Lemonade - Alcohol - Milk or milk products - Gum

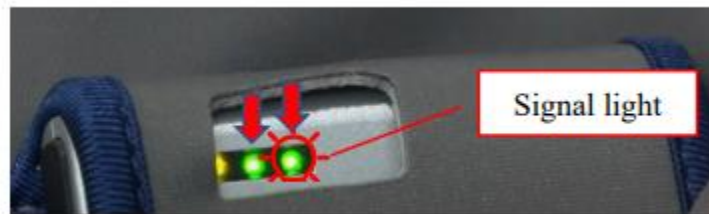
- Starting at 10:00pm, you MUST STOP eating/drinking until after your appointment.

THE DAY OF YOUR APPOINTMENT:

- Do NOT eat or drink anything
- If you must take medication, take with a sip of water no less than 2 hours before
- Wear a top made of thin material that is long enough to reach your hips

AFTER SWALLOWING THE CAPSULE:

- Expect to keep the equipment on for 8-9 hours
 - *Return to the office at 3:30pm for equipment return*
 - You will be held responsible for any physical damage to equipment
- Do NOT remove the belt from your body or the recorder from the belt
- Recorder should always show two green lights
 - Contact the office ASAP if these lights turn yellow



- Follow diet instructions below:

For 2 hours after swallowing:	CLEAR LIQUID diet only!
4 hours after swallowing:	Light snack allowed
After returning equipment:	Return to normal diet

Contact the office ASAP if you are experiencing any abdominal pain, nausea, or vomiting at any point during the procedure

516-487-2444 option 1