



GASTROENTEROLOGY
ASSOCIATES
BEVERLY HILLS

Wireless Capsule Endoscopy Instructions

Patient Name: _____ **Date of Birth:** _____

Date of Exam: _____ **Check-in Time:** _____

Provider: Omid Shaye, M.D./Pedram Enayati, M.D./Tova Sofer, M.D./Dorna Y., P.A.

Exam Location: Gastroenterology Associates of Beverly Hills
8631 W. 3rd Street, Suite 815E
Los Angeles, CA 90048
(310) 858-2224

Important Instructions:

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

Day before the Capsule Endoscopy:

- **Begin a clear liquid diet starting after lunch.** You may consume the following : Water, Apple Juice, Pineapple Juice, White Grape Juice, and Grapefruit Juice (NO PULP), 7-Up, Ginger Ale, Coffee or Tea with sugar and/or honey only (no milk or non-dairy creamers). Jell-o of any color except red, blue, or purple (in limited amounts only). Soups are permissible if clear broth only (no cream soups).
- **Do not** consume any liquids that are **red or blue**.
- **Do not eat or drink** except for necessary medication with a sip of water 10 hours before the capsule endoscopy is scheduled to start.

Evening prior to Capsule Endoscopy:

- **Starting at 6:30 pm, mix 7 packets or capfuls of Miralax with 32 ounces of water and drink 8 ounces every 15 minutes**
- Nothing by mouth after 10:00 pm.

- Do not take any medication 2 hours before having the exam.
- Wear an upper garment of thin natural fiber such as a t-shirt that is long enough to reach at least to hip level and will not ride up above the belt.

Please arrive for your appointment at your scheduled time: 8:30 am

After Swallowing the PillCam SB Capsule:

- The capsule endoscopy procedure will last approximately 8-9 hours. Contact your doctor's office immediately if you suffer from any abdominal pain, nausea, or vomiting during the procedure.
- You may drink colorless liquids starting 4 hours after swallowing the PillCam SB Cap.
- Do not eat any solid food after swallowing the PillCam. After the examination is completed, you may return to your normal diet.
- Be sure the sensor belt is tight at the waist. Do not attach it to anything.
- 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 your doctor.
- Avoid strong electromagnetic fields such as MRI devices or ham radios after swallowing the capsule until you pass it in a bowel movement.

Please return back to our office by 4:30 pm to return the equipment on the same day.

**** Cancellation policy:** If you need to reschedule or cancel your appointment less than 72 hours (Monday through Friday only) prior to your appointment time, a \$250 fee will be applied. This means that if your test is scheduled for a Tuesday morning, we must receive a cancellation request no later than Thursday morning.