



PILLCAM SMALL BOWEL CAPSULE ENDOSCOPY WITH SENSOR BELT 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 Endoscopy: _____
DATE

Solid foods including lunch, **then after 1:00 PM start a clear liquid diet till 10:00 PM At 7:00 PM**

take 119 grams of Miralax with 32 oz. water or 32 oz Gatorade (no red liquids) **DO NOT eat or drink after 10:00 PM** (except for necessary medication with sip of water)

DAY OF Capsule Endoscopy: _____
DATE

If you need to take medication, take it 2.5 hours **BEFORE** the capsule endoscopy. **DO NOT take anything after _____ (2 hours before having the exam)**
TIME

Wear upper garment of thin, natural fiber such as a T-shirt that is long enough to reach at least to the hip level and will not ride up above the belt

Arrive for your appointment at the scheduled time: _____

After swallowing the Pillcam SB Capsule

Contact your doctor's office immediately if you suffer from any abdominal pains, nausea or vomiting during the procedure. Call the office at 614-385-5900

You may drink colorless liquid starting 2 hours **AFTER** swallowing the Pillcam SB capsule
Time: _____

You may have a light snack 4 hours after ingestion _____
TIME

- After the examination is completed, and you have returned the unit to the office, you may return to your normal diet
- Be sure the sensor belt is tight at the waist. Do not attach anything to it.
- Check the green flashing Pillcam recorder every 15 mins to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact the doctor's office.
- Avoid strong electromagnetic fields such as MRI devices or ham radios after swallowing the capsule for at least 72 hours.
- Do not disconnect the equipment or completely remove the Pillcam recorder at any time during the procedure
- Treat the Pillcam recorder carefully. Avoid sudden movements and banging of the recorder.

After swallowing the Pillcam SB Capsule

Remove the equipment at the end of the capsule endoscopy procedure, do the following:

Remove the sensor belt and the Pillcam recorder and keep it in a safe place. Return all the equipment to your doctor's office as soon as possible. Handle the PillCam recorder and other equipment carefully without exposing them to shock, vibration or direct sunlight.

If you are not sure the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact your doctor for evaluation. Call 614-385-5900

Undergoing an MRI while the Pillcam capsule is still inside your body may result in damage to your intestinal tract or abdominal cavity. If you are not certain the capsule is out of your body, contact your doctor for evaluation and possible abdominal x-ray before undergoing an MRI examination.