

# Patient Instructions for Small Bowel Capsule Endoscopy

**Patient Name:** \_\_\_\_\_

**Examination Date:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_ **Return Time:** \_\_\_\_\_

To ensure the best results for your SB Capsule Endoscopy of the small bowel, please follow your doctor's instructions carefully and completely.

## **Day Before the SB Capsule Endoscopy**

1. **Start a FULL LIQUID DIET after lunch.** See attached list.
2. **Do not eat or drink 6 hours prior to the procedure** (except for necessary medication with a sip of water).

## **Day of the SB Capsule Endoscopy**

1. **Do not take any medication 2 hours** before the start of the endoscopy.
2. **What you should wear: Three-piece clothing: a thin, hip-length, natural fiber over-shirt; a cotton/cotton blend under-shirt (t-shirt); loose fitting pants (stretch waist).** The belt monitor is worn over the t-shirt so it does not rest on the skin. The over-shirt protects the monitor from bright sunlight and should be opaque not sheer.

## **After swallowing the Capsule**

*The procedure will last approximately 8-9 hours. If you have any abdominal pain, nausea, or vomiting during the procedure, contact Dr. Buch's office (331-8146) **immediately**.*

- **You may drink colorless liquids starting 2 hours** after ingestion of the capsule.
- **You may have a light snack 4 hours** after ingestion of the capsule. (You will return to your normal diet **after** the procedure is completed.)
- **Check the blue flashing DataRecorder 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 Dr. Buch's office (331-8146).
- Use the supplied ***Capsule Endoscopy Event Form*** to note the time of any event such as eating, drinking, or a change in your activity. Return the completed ***Event Form*** to Dr. Buch's office when you return the DataRecorder.
- **Do not disconnect** the DataRecorder or completely remove the belt at any time during the procedure.
- **Treat the DataRecorder carefully.** Avoid sudden movements and banging of the DataRecorder.
- **Avoid direct exposure to bright sunlight.**

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## After Completing SB Capsule Endoscopy

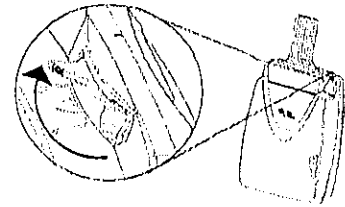
Return to the doctor's office at the scheduled time to have the equipment removed.

**Or:** If instructed to remove the equipment at the end of the capsule endoscopy procedure, do the following:

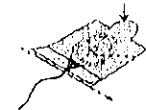
1. Disconnect the SensorArray from the DataRecorder.

2. Take off the RecorderBelt (with the DataRecorder) and keep in a safe place.

3. Remove the SensorArray from your abdomen by peeling off each adhesive sleeve, starting with the non-adhesive tab and leaving the sensor inside the sleeve. Do not pull the SensorArray wires or leads and do not remove the sensors from the paper adhesive sleeves! Place the SensorArray with the rest of the equipment.



Non-Adhesive Tab



Adhesive Sleeve

4. Return all the equipment to your doctor's office as soon as possible. Handle the DataRecorder and other equipment carefully without exposing them to shock, vibration or direct sunlight.

❗ If you are not **sure** that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact your doctor for evaluation.

❗ Undergoing an MRI while the PillCam capsule is inside your body may damage your intestinal tract or abdominal cavity. If you **are** not certain the capsule is out of your body, contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.

## Capsule Endoscopy Event Form

Patient Name:		ID No:
Time	Event (eating, drinking, activity and unusual sensations)	
	PillCam capsule ingestion	
Time to return to facility: _____		Special Instructions:
Contact in case of need: _____		

## Full Liquid Diet

Author: Frank W. Jackson, M.D.

Prebiotics in your diet or in a supplement naturally restore digestive balance and health. [Learn more . . .](#)

### Purpose

The full liquid diet is often used as a step between a clear liquid diet and a regular diet, for example, after surgery or fasting. It may also be used after certain procedures, such as jaw wiring. This diet may also be appropriate for patients who have swallowing and chewing problems.

### Nutrition Facts

The full liquid diet is low in iron, vitamin B12, vitamin A, and thiamine. It should not be used for a long period of time unless vitamins, iron, or liquid nutritional supplements are added. This diet has 1800 mg of calcium, so extra calcium is not needed.



### Food Groups

Group	Recommend	Avoid
<b>Milk &amp; milk products</b>	milk, milkshakes, eggnog, ice cream, custard, pudding	all cheeses
<b>Vegetables</b>	all vegetable juices	all raw or cooked vegetables
<b>Fruits</b>	all juice or nectar	all fresh, frozen, or canned fruit
<b>Breads &amp; grains</b>	cooked refined cereals; farina, grits, oatmeal, cream of rice, cream of wheat	all other cereals, all breads
<b>Meat or meat substitutes</b>	none	all
<b>Fats &amp; oils</b>	butter, margarine, cream	all others
<b>Sweets &amp; desserts</b>	sherbet, sugar, hard candy, plain gelatin, fruit ice, honey, syrups	all others
<b>Beverages</b>	all	none
<b>Soups</b>	broth, bouillon, strained creamed soups	all others

### Sample Menu

#### Breakfast

- fruit juice 1 cup
- hot cereal 1/2 cup
- eggnog 8 oz
- whole milk 8 oz
- hot tea with sugar & lemon

#### Lunch & Dinner

- strained creamed soup 3/4 cup
- juice 1 cup
- ice cream 1/2 cup
- pudding or custard 1/2 cup
- whole milk 8 oz
- hot tea with sugar & lemon
- salt/pepper

This Sample Diet Provides the Following

## Foods Included on Liquid Diets

Clear-Liquid Diets	Full-Liquid Diets
Bouillon	All clear liquids
Broth, clear	Butter
Carbonated beverages	Cheese, cottage
Coffee, regular and decaffeinated	Commerically prepared liquid formulas (all)
Commercially prepared clear liquid formulas	Cooked cereals, strained
Fruit drinks	Cream
Fruit ices	Custard
Fruit juices, strained	Egg, soft cooked or scrambled"
Gelatin	Flavorings
Hard candy	Ice cream, plain
Honey	Instant breakfast drinks
Lemonade	Margarine
Popsicles	Milk, all types
Salt	Potatoes, mashed and diluted in cream soups
Salt substitutes	Pudding
Sugar	Sherbet
Sugar substitutes	Soups, strained vegetable, meat or cream
Tea	Sour cream
	Vegetable juices, strained
	Vegetable purees, diluted in cream soups
	Yogurt