

## **Patient Instructions for Pillcam Small Bowel Capsule Endoscopy**

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

**Examination Date:** \_\_\_\_\_

Your physician has determined that as part of your medical evaluation you should undergo an examination known as SB capsule endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) PillCam™ SB capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the SensorArray™ which is placed on your abdomen. The SensorArray is attached to a walkman-like DataRecorder™ which saves all the images. It is located in the RecorderBelt™ which is worn around your waist. After 8 hours, you will remove the RecorderBelt and return it to your physician for processing. The PillCam SB capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:



*PillCam SB Capsule*

### **Day before Capsule Endoscopy**

To be purchased over the counter:

- 1.) (4) Over the counter (5mg) Dulcolax Laxative Tablets (Bisacodyl is the generic)
- 2.) 238 gram MiraLAX (over the counter)
- 3.) 64 oz. Gatorade (NOT RED OR PURPLE)

**NO SOLID FOOD ALLOWED!!**

**DRINK ONLY CLEAR LIQUIDS!!** For breakfast, lunch and dinner. Have a **clear** liquid diet throughout the day, **NO RED, PURPLE or BLUE**. Avoid dairy products and juices with pulp such as orange, tomato, and grapefruit juice. **Clear liquid Diet such as:**

- Water
- Clear broth or bouillon
- Green or white tea with NO mild or non dairy creamer
- Gatorade
- (clear) Soft drinks
- Ice popsicles
- Green or yellow plain Jell-o with NO added fruits

**1:00PM** --Take the 4 Dulcolax tablets.

**3:00PM** --Mix 238 gram bottle of MiraLAX in a 64oz bottle of Gatorade. Shake solution until MiraLAX is dissolved.

**3:30PM** --You are going to drink one half of your mixture by drinking one 8oz glass every 15 min (4 glasses total)

**6:30PM** --You are going to drink one half of your mixture by drinking one 8oz glass every 15 min (4 glasses total)

## **DAY OF CAPSULE ENDOSCOPY**



1. **DO NOT** take any medications 2 hrs before having the exam.
2. **DO NOT** apply body lotion or powder to your abdomen.
3. Wear loose fitting, two piece clothing.
4. **Arrive for your appointment at 9:15 am**

### **After Swallowing the Pillcam SB Capsule**

1. After ingesting the PillCam SB capsule, 2 hours later you are allowed to drink clear liquids and take necessary medications. After 4 hours you may have a light snack; soup and crackers. After the examination is completed, you may return to your normal diet. Contact your physician immediately if you suffer any abdominal pain, nausea or vomiting during SB capsule endoscopy.
- 2.) After ingesting the PillCam SB capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio.
- 3.) Occasionally, some images may be lost due to radio interference (e.g., from amateur radio transmitter, MRI, etc.). On rare occasions this may result in the need to repeat the SB Capsule Endoscopy examination. In this case, the physician will advise you to stay within the premises of the clinic during the SB capsule endoscopy to prevent this problem from recurring.
- 4.) SB capsule endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder.
- 5.) During SB capsule endoscopy, you will need to verify every 15 minutes that the small light on top of the DataRecorder is blinking twice per second. If, for some reason it stops blinking at this rate, record the time and contact your physician. If the light changes from blue to yellow contact your physician right away.
- 6.) Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during capsule endoscopy.

### **After completing SB Capsule Endoscopy**

1. **Return to the doctor's office at 5:15pm** to have the equipment removed.
2. Make sure you schedule a follow up appointment with your doctor for the results.