

Albany Gastroenterology Consultants
1375 Washington Avenue, Suite 101
Albany, New York 12206
Phone: 438-4483

Patient Instructions for Pill Cam Small Bowel Capsule Endoscopy

Patient: _____ **Acct. #** _____ **Examination Date:** _____

To ensure the best results for your PillCam capsule endoscopy of the small bowel, follow your doctor's instructions carefully and completely. Please be advised that our office does require a minimum of 48 hours notice when canceling or rescheduling your procedure.

Seven Days Prior

If you take fiber supplements, vitamins or medications containing **iron**, discontinue those **7 days** before your procedure. Please be advised that our office does require a minimum of 48 hours notice when canceling or rescheduling your procedure.

Day Before Capsule Endoscopy

1. You may have breakfast. **Following breakfast - CLEAR LIQUIDS ONLY THE REMAINDER OF THE DAY** (see attached clear liquid sheet).
2. **3:00 p.m.:** Mix 125 grams of Miralax with 32 oz. of water. Drink one glass (8 oz.) every 15-20 minutes until gone. Drink at least 8 large glasses of water during the day.

Day of Capsule Endoscopy

1. You are NOT to have anything to drink for **6 hours** prior to your capsule endoscopy. You may take your essential morning medications 2 hours prior to scheduled appointment time unless otherwise directed by your physician. **Limit liquids to a few small sips to take with your meds.**
3. Do not apply body lotion or powder to your abdomen. **Please shave excess chest and abdominal hair.**
4. **Wear loose fitting, two-piece clothing. Wear cotton shirt without buttons.** Your upper clothing should be opaque, not sheer.
5. **Arrive for your appointment at the scheduled time:** _____

After Swallowing the PillCam SB Capsule

The capsule endoscopy procedure will last approximately 8-9 hours. Contact our office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.

1. **Nothing to drink for at least 2 hours into the test. You may drink colorless liquids starting 2 hours** after swallowing the PillCam SB capsule. You may take morning medication 2 hours after swallowing the PillCam SB capsule.
2. **You may have a light snack 4 hours after ingestion.** After the examination is completed, you may return to your normal diet.
3. **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 your doctor.
4. **Do not disconnect the equipment or completely remove the belt** at any time during the procedure.
5. **Treat the DataRecorder carefully.** Avoid sudden movements and banging of the DataRecorder.
6. **Avoid direct exposure to bright sunlight.**

If you have any questions, please call:

Colleen 533-1294 or
Suzanne 533-1243

After completing SB Capsule Endoscopy

- You will be instructed by your physician on how to return the equipment at the end of the SB capsule endoscopy. If you were instructed to remove the equipment by yourself, do the following: (a) Disconnect the Sensor Array from the DataRecorder; (b) Take off the Recorder Belt (with DataRecorder and Battery Pack); (c) Disconnect the Battery Pack from the DataRecorder (d) Place DataRecorder and Battery Pack in a safe place. To remove the Sensor Array from your abdomen, do not pull the leads of the Sensor Array! Peel off each adhesive sleeve starting with the non-adhesive tab without removing the sensor from the adhesive sleeve. Place the Sensor Array with the rest of the equipment. The attending physician will use the data from the examination for the medical evaluation.
- The DataRecorder stores the images of your examination. Handle the DataRecorder, Recorder Belt, Sensor Array and Battery Pack carefully. Do not expose them to shock, vibration or direct sunlight, which may result in loss of information. Return all of the equipment to your physician’s office as soon as possible.
- If you did not positively verify the excretion of the PillCam SB capsule from your body, and you develop unexplained post procedure nausea, abdominal pain or vomiting, contact your physician for evaluation and possible abdominal x-ray examination.
- Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the excretion of the PillCam SB capsule from your body, you should contact your physician for evaluation and possible abdominal x-ray before undergoing an MRI examination.

SB Capsule Endoscopy Event Form

Patient Name		ID No:	
Time	Event (eating, drinking activity and unusual sensation)		
	PillCam SB capsule ingestion		

Who to call in case of need:	Time to return to facility:
	Special instructions:

CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed!

<u>Food Group</u>	<u>Foods Allowed</u>	<u>Foods to Avoid</u>
Milk & Beverages NO red or purple liquids	Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks	Milk, milk drinks
Meats & meat substitutes	None	All
Vegetables	None	All
Fruits & fruit juices	Strained fruit juices: Apple, white grape, Lemonade	Fruit juices with unstrained fruit
Grains & Starches	None	All
Soups	Clear broth, consommé	All others
Desserts	Clear flavored gelatin, Popsicles (NO red or purple flavors)	All others
Miscellaneous	Sugar, honey, syrup, clear hard candy	All others