



SMALL BOWEL WIRELESS CAPSULE ENDOSCOPY INSTRUCTIONS

What is a Small bowel capsule Endoscopy?

Capsule endoscopy with PillCam video capsule enables your doctor to examine your entire small intestine. Patients arrive at the office earlier in the morning and swallow a pill-sized video capsule containing a miniature video camera, light bulb, battery and transmitter to photograph the inside lining of the small intestine. The capsule takes thousands of photographs over a 8 hour period (you will leave the office during the recording). This amazing technology is commonly used to evaluate for abdominal pain, diarrhea, gastrointestinal bleeding, anemia and Crohn's disease.

Please inform our office if you had a previous history of a bowel obstruction, abdominal surgery, pacemaker placement, or difficulty swallowing. To ensure the best results of your capsule endoscopy, follow these instructions carefully and completely.

One Day Before the Capsule Endoscopy:

When you wake up in the morning, begin a clear liquid diet (see next page). Remain on clear liquid diet all day. If you take insulin, the evening before take ½ of your pm dose; take none the morning of your procedure.

Day of Capsule Endoscopy:

Do not drink or eat anything prior to your procedure.

Do not take any medication prior to your procedure.

Do not apply lipstick or Chap Stick.

Wear comfortable loose clothing. Two-piece clothing is preferable because of the need to attach the data recorder.

After Swallowing the PillCam:

You may go home or go to work. Avoid any strenuous physical activity. Do not lay flat which can stop the movement of the capsule. Avoid direct exposure to bright sunlight. Wear a dark jacket over the device if you need to go outside.

You may drink clear liquids at 11:00am. You may have a light lunch at 1:00pm.

The data recorder has a light that should be blinking blue the whole day. Check the light frequently throughout the day.

If the light changes colors or stops blinking blue call the office IMMEDIATELY.

Return to the office between 4:30pm-4:45pm depending on your arrival time.

After completing the exam

If you are not sure the capsule is out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact us 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.

Clear Liquid Diet

This is only a guide; you do not have to follow it exactly. The clear liquid diet provides some calories with minimal amount of residue in the gastrointestinal tract. This allows for good visualization. This diet is designed for short-term use.

CLEAR LIQUIDS AND LIMITED LIGHT-COLOR DRINKS ONLY	
YES- OK TO DRINK	NO-AVOID THESE
<ul style="list-style-type: none">• Water• Tea and black coffee without any milk, cream or lightener• Flavored water without red dye• Clear, light colored juices such as apple, white grape, lemonade without pulp and white cranberry• Clear broth including chicken, beef or vegetable• Soda• Sports drinks such as Gatorade and Propel(light colors only)• Jello-O or other gelatin without fruit; no red dye• Boost Breeze Tropical juice drink	<ul style="list-style-type: none">• Alcoholic beverages• Milk• Smoothies• Milkshakes• Cream• Orange juice• Grapefruit juice• Tomato juice• Soup (other than clear broth)• Cooked cereal• Juice, popsicles or gelatins with red dye