

Patient instructions for
PillCam Small Bowel Capsule Endoscopy

Patient: _____

Examination Date: _____

To ensure the best results for your PillCam capsule endoscopy of the small bowel, follow your doctor's instructions carefully and completely.

5 Days Before Capsule Endoscopy

1. Stop Iron 5 days in advance.

Day Before Capsule Endoscopy

1. **Start the prescribed liquid diet after lunch.**
2. **Do not eat or drink** except for necessary medication with a sip of water 6 hours before your capsule endoscopy.
3. Drink 1 bottle of magnesium citrate or 2 capfuls of Miralax at 6 pm.

Day of Capsule Endoscopy

1. **Do not take any medications** 2 hours before having the exam.
2. **Do not apply body lotion or powder to your abdomen.**
3. **Wear loose fitting, two-piece clothing.** Your upper clothing should be opaque, not sheer.
4. **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 your doctor's office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.

1. **You may drink colorless liquids starting 2 hours** after swallowing 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. **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 your doctor at the time you return the equipment.
5. **Avoid strong electromagnetic fields** such as MRI device or ham radios after swallowing the capsule and until you pass it in a bowel movement.
6. **Do not disconnect the equipment or completely remove the belt** at any time during the procedure.
7. **Treat the DataRecorder carefully.** Avoid sudden movements and banging of the DataRecorder.
8. **Avoid direct exposure to bright sunlight.**

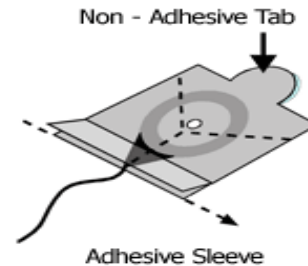
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After completing SB Capsule Endoscopy

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

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 Recorder Belt(with the DataRecorder) and keep in a safe place.
3. Remove the SensoryArray 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.
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 result in serious damage to your intestinal track 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: _____ Contact in case of need:	Special Instructions:	