

# Patient Instruction for PillCam<sup>®</sup> Small Bowel Capsule Endoscopy With the Sensor Belt

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

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

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

## Day Before Capsule Endoscopy

1. **Stop Iron 5 days prior to capsule endoscopy.**
2. **Start a Liquid diet after a light lunch.** ( You may have as much water, pop, juice, tea, Gatorade, bouillon, or light colored jello as you like)
3. **At 5pm drink 1 bottle of magnesium citrate.**
4. **Do not eat or drink** except for the necessary medication with a sip of water, 10 hours before your capsule endoscopy.

## Day of Capsule Endoscopy

1. **Do not take any medication** 2 hours before having the exam.
2. **Wear loose fitting, natural fibers** such as a T-shirt or tank top that is long enough to reach at least to hip level and will not ride up above the belt.
3. **Arrive for your appointment at 8:30am (SHARP! Test is a timed test. Any later than this will result in rescheduling the exam.)**

## After Swallowing the PillCam SB capsule

❖ 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 the PillCam SB capsule.
2. **You may have a light lunch 4 hours after ingestion**, like a half sandwich and soup. After the examination is completed, you may return to your normal diet.
3. **Be sure the sensor belt is tight at the waist. Do NOT attach anything to it.**
4. **Check the blue flashing PillCam recorder every 25 minutes** to be sure it is blinking. If it stops blinking or changes colors, note the time and contact the office.
5. **Avoid strong electromagnetic fields** such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowl movement.
6. **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.

7. **Do not disconnect the equipment or completely remove the PillCam recorder** at any time during the procedure.
8. **Treat the PillCam recorder carefully.** Avoid sudden movements and banging of the recorder.

**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. Remove the sensor belt and the PillCam recorder and keep in a safe place.
  2. Return all the equipment to your doctor's office as soon as possible. Handle the PillCam recorder 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 damage to 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**

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