

# Patient Instructions for PillCam<sup>®</sup> 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.

## 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.

## Day of Capsule Endoscopy

1. **Do not take any medication** 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 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. **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 devices 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.**