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Patient Instructions for Pill Cam® Small Bowel Capsule Endoscopy

To ensure the best results for your Pill Cam (Capsule Endoscopy) of the small bowel, please follow the instructions carefully and completely.

Please stop Iron five to seven prior to Capsule Endoscopy appointment.

Day before Capsule Endoscopy

- You may have a regular breakfast.
- At 12:00pm start clear liquid diet. Nothing red, blue or purple.
- At 8:00pm do not eat or drink after 8:00 pm the evening before your capsule endoscopy appointment (except for necessary medication with a sip of water).
- Take three doses of Miralax, one capful (17gms) in 8 oz clear liquid every 30 minutes. Start between 3 pm and 6 pm.

Day of Capsule Endoscopy

- You may take necessary morning medications at 6:30 am (2 hours prior to procedure) with sips of water.
- Do not apply body lotion or powder to your abdomen.
- Take two (2) Gas-X tablets one hour prior to procedure.
- Arrive at Hendersonville Office on _____ at 8:30 am.

After Swallowing the Pill Cam SB Capsule

The capsule endoscopy procedure will last approximately 12 hours. Contact the office (696-3099) immediately if you suffer from any abdominal pain, nausea or vomiting during procedure. After 5:00 pm, please call on call MD at 696-1000.

- After ingesting the capsule, you may drink clear liquids starting 2 hours after swallowing the capsule.
- You may have a light snack 4 hours after swallowing of capsule. You may return to your normal diet after 4:00 pm.
- The data recorder should blink a blue light for 12 hours. If it stops blinking or changes color after a bowel movement, note the time and remove equipment. If blue light stops before 9:00 pm without a bowel movement, contact numbers as directed above.
- Avoid strong electromagnetic fields such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement.
- Twelve (12) hours after swallowing the capsule you may remove the equipment and place in a clean, dry place, free of smoke and return following morning as directed by nurse.
- Treat the Data Recorder carefully. Avoid sudden movements, exposure to direct sunlight and banging of the Data Recorder.