

# Patient Instructions for PillCam® Small Bowel Capsule Endoscopy

**Patient:** \_\_\_\_\_ **Appointment Date** \_\_\_\_\_ **Time** \_\_\_\_\_

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 in the morning and continue through out the day.** See liquid diet instructions form
2. **Do not eat or drink** except for necessary medication with a sip of water 10 hours before your capsule endoscopy.
3. At 6:00 p.m. **mix 1 full dropper of Mylicon with Colyte (see prescription attached), and drink the prep.**

## Day of Capsule Endoscopy

1. **Do not take any medications 2 hours before having the procedure.**
2. **Do not apply body lotion or powder to your stomach area.**
3. **Wear loose fitting two-piece clothing. Your upper clothing should be opaque, not sheer.**
4. **If you take any medications you can start taking your medication(s) 4 hours after swallowing the capsule.**

## After Swallowing the PillCam SB Capsule

**(!)** **The capsule endoscopy procedure will last approximately 12 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 lunch 4 hours after ingestion.** After the procedure 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 orange/yellow, note the time and go back to your doctor's office.
4. **Use the Capsule Endoscopy Event Table, 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 hand 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.**

**Capsule Endoscopy Event Table**

Time	Event (eating, drinking, activity and unusual sensations)

