

## **PATIENT INSTRUCTIONS FOR UNDERGOING SMALL BOWEL CAPSULE ENDOSCOPY**

Your physician has determined that as a part of your medical evaluation you should undergo an examination known as small bowel (SB) capsule endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) PillCam SB capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the SensorArray which is attached to a walkman-like DataRecorder which saves all the images. It is located in the Recorder Belt, which is worn around your waist. After 8 hours the Recorder Belt will be removed for processing. The PillCam SB capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from its examination, you will need to follow the instructions below:

### **The Day before Capsule Endoscopy**

1. After lunch (12:00 p.m.) on the day before the SB capsule endoscopy examination, start a clear liquid diet.
2. At approximately 6:00 p.m. drink a 10 oz. bottle of Magnesium Citrate (this can be purchased over the counter at any pharmacy). Stop drinking fluids at 10:00 p.m.
3. Any necessary medications must be taken no later than 6:00 a.m. on the day of your procedure with a small amount of water.

### **The Day of Capsule Endoscopy**

1. Arrive at the office at 8:00 a.m.
2. Wear loose fitting, two-piece clothing. Please wear a shirt made of a thin material such as a cotton t-shirt.
3. At the office you will have a pre-procedure interview. During this interview you should be informed that the SB capsule endoscopy is associated with a small chance of intestinal obstruction.
4. The SensorArray Belt will be applied to your abdomen on top of your clothing. It will be connected to the DataRecorder which hangs to the side of the belt. After that you will ingest the PillCam SB capsule.

### **After Ingesting the PillCam SB Capsule**

1. After ingesting the PillCam SB capsule, you may not have anything to eat or drink until 10:00 a.m. At 10:00 a.m. you may have water only.
2. Starting at 12:00 p.m. you may resume a clear liquid diet until you return to the office and have the equipment removed. You will return to the office at 4:30 p.m.
3. After ingesting the PillCam B capsule and until it is excreted, you should not be near any source of powerful electromagnetic field such as one created near an MRI device or amateur (ham) radio. Occasionally, some images may be lost due to radio interference. In rare occasions this may result in the need to repeat the SB capsule endoscopy examination.

4. SB capsule endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at anytime during this period. Since the DataRecorder is actually a small computer it should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder.
5. During the SB capsule endoscopy, you will need to verify every 15 minutes that the small light on top of the DataRecorder is blinking twice per second. If, for some reason it stops blinking at the rate, record the time and contact your physician's office.
6. Avoid strenuous physical activity such as exercising.

**After completing the B Capsule Endoscopy**

1. If you did not positively verify the excretion of the PillCam SB capsule from your body, and you develop unexplained post procedure nausea, abdominal pain or vomiting, contact your physician's office for evaluation and possible abdominal X-ray.

**Clear Liquid Diet**

Coffee (black or with sugar), tea, soft drinks  
Strained fruit juices (apple, white grape), Lemonade (from a mix)  
Clear broth  
Gelatin (Jell-O), popsicles (no red, purple, or orange)  
Sugar, Honey, Syrup  
Clear Hard candy

If you have any questions, please call the office at 817-284-2693.

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