

Small Bowel Capsule Endoscopy

PATIENT PREPARATION INSTRUCTIONS **SMALL BOWEL CAPSULE ENDOSCOPY (PILL CAM)**

About the Test

Your physician has recommended that you should undergo an examination known as small bowel capsule endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to a data recorder, which is a Walkman sized receiver which saves the images. You will be wearing a large belt around your waist and suspenders over your shoulders. After 8 hours you return to the Center and have the data recorder removed. The images will then be downloaded to a computer so that your physician can examine them. The capsule is disposable and will be excreted naturally with your bowel movement.

If you are taking medications for your heart, lungs or blood pressure the nurse will let you know if you should take them in the morning with sips of water 6 hours prior to swallowing the capsule.

One Day Before Your Test:

After 12 pm do not eat any solid foods. You may drink only clear liquids after 3pm. Clear liquids consist of: black coffee or tea, beef/chicken broth, apple juice, white grape or white cranberry juice, Gatorade, popsicles and Jell-O. Please do not have any red or purple flavors.

At approximately 7 pm drink 1 bottle (10oz) of Citrate of Magnesia.

Do not eat or drink anything after midnight. Do not take your morning medications unless instructed by your doctor.

Please arrive at our office 15 minutes prior to your scheduled procedure time unless otherwise instructed. Expect to be at the Center for 15 minutes.

You will swallow the capsule with just enough water to get it down.

You may now leave and go about your usual daily activities.

Patient Instructions During Small Bowel Capsule Endoscopy:

Please call our office **732-840-0067** if you experience any of the following symptoms: persistent chest pain or abdominal pain, nausea, vomiting, fever or difficulty swallowing.

- You may begin drinking clear liquids 2 hours after swallowing the capsule. You may eat a light meal 3 hours after swallowing the capsule. You may also take your medications at this time.
- Do not exercise and avoid heavy lifting. You may walk, sit or lie down. You may drive a car. It is fine to return to work if your work allows you to adhere to the above restrictions. Keep in mind that you will be wearing a fairly large belt and suspenders.
- Avoid going near MRI machines and radio transmitters. It is fine to use a cell phone, computer or radio. Do not stand next to another patient that is undergoing a capsule endoscopy.
- Observe the LED light on the data recorder; confirm that the light is blue.
- If the light stops blinking, call our office immediately; you will most likely have to return to our office.
- Return to our office at 4:45 to have the data recorder removed.

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