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## Patient Instructions for Capsule Endoscopy for Patient:

Capsule Endoscopy involves ingesting a small (the size of a large vitamin pill) **Pill Cam®** which will pass naturally through your digestive system whilst taking pictures of the intestine. The images are transmitted to the Data Recorder. The **Pill Cam®** is disposable and will pass naturally. In the rare case that it is not excreted naturally, it will need to be removed endoscopically or surgically. **It is important that you follow the instructions below for your physician to be able to get accurate information.**

**5 Days Before Capsule Endoscopy DATE:** \_\_\_\_\_

1. Stop any iron tablets or supplements
2. Please inform us if you are Diabetic

**1 Day Before Capsule Endoscopy DATE:** \_\_\_\_\_

1. After a light lunch, start **Approved Clear Fluids**: water, apple juice, jelly, Schweppes Lime Cordial, black tea/herbal/coffee, Gastrolyte, Lucozade, clear soup/broth, Bonox, beef or chicken stock in water, sports drinks (eg. Powerade or Gatorade). **Avoid anything that is colored red or purple** -
2. Drink plenty of clear fluids **at least 12 - 15 large glasses** or more.
3. From 10pm, nil by mouth except for necessary medications with a sip of water.
4. Do not take any medication beginning 2 hours prior to your examination.

**Capsule Endoscopy Day DATE & TIME:**

1. Arrive at the agreed time wearing an upper garment of thin natural fiber cloth that is long enough to reach hip level and not ride up above belt.
2. You will be asked for your consent and checked-in for the procedure.
3. The Sensor Belt™ will be applied to your abdomen and attached to the Data Recorder; you will then be instructed to ingest the **Pill Cam®**.

**After Pill Cam® Ingestion STAFF Name & Contact #** \_\_\_\_\_

1. Do not eat or drink for 2 hours. You may have a drink of clear fluids after 2 hours.
2. After 4 hours, you may have a light snack and occasional small glass of water.
3. You must contact our rooms immediately if you suffer from any abdominal pain, nausea or vomiting during Capsule Endoscopy.
4. Stay away from any powerful radio fields such as MRI or amateur radio during the procedure.
5. Occasionally some images can be lost due to radio interference or equipment malfunction; this may result in the need to repeat the examination.
6. Capsule Endoscopy takes approximately 8 hours. Do not disconnect the equipment or remove the belt at any time during this period. The equipment must be treated with utmost care and protection due to its sensitivity and value.
7. **Every 15 minutes, check that the Blue Light on the Data Recorder is blinking; this means it is capturing images. If it stops blinking or is blinking orange, please contact the rooms.**

**Completing Capsule Endoscopy DATE & TIME:** \_\_\_\_\_

1. Return to our office to have the equipment removed at the agreed time.
2. If you did not verify excretion of the Pill Cam® and you experience unexplained post-procedure abdominal pain, nausea or vomiting, contact our office for evaluation and possible abdominal x-ray.
3. **Undergoing MRI whilst the Pill Cam® is still inside you may result in serious damage to your gastric tract or abdominal cavity. If you did not positively verify the excretion of the Pill Cam®, you may need to have an x-ray prior to an MRI.**