



Patient:

Examination Date:

To ensure the best results for your PillCam® capsule endoscopy of the small bowel, follow the instructions carefully and completely.

#### Day Before Capsule Endoscopy

- Eat a light dinner
- Starting at 10pm, Do not eat or drink except for necessary medication with a sip of water

#### Day of Capsule Endoscopy

- Do not eat or drink
- Do not take any medication 2 hours before having the exam.
- Wear upper garment of thin cotton, such as a T-shirt that is long enough to reach at least to hip level and will not ride up above the belt.

#### **Arrive for your appointment at 8:00am 625 6th St, Clarkston WA**

#### After Swallowing the Capsule

- 2 hours after swallowing the PillCam capsule (**10:00**) you may drink colorless liquids.
- 4 hours after ingestion (**12:00**) You may have a light snack.
- Return to the office at **3:45** to have the your progress checked
- After the examination is completed, you may return to your normal diet.

#### During your test

- Be sure the sensor belt is snug at the waist, Do not attach anything to it.
- Check the blue flashing PillCam recorder every 15 minutes to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact your doctor.
- Use the supplied Capsule Endoscopy Event Form, 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.
- Avoid strong electromagnetic fields such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement, you may see a flashing light, this is normal. You do not need to retrieve the capsule.
- Do not disconnect the equipment or completely remove the PillCam belt or strap at any time during the procedure
- Treat the PillCam recorder carefully. Avoid sudden movements and banging of the Recorder

**Contact our office immediately if you suffer from any abdominal pain, nausea or vomiting during the test.**

#### After your test

- You will follow up with our office
- If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact your doctor for evaluation.



### Capsule Endoscopy Event Form

| Time  | Event (eating, drinking, activity or unusual sensations) |
|-------|--|
| 8:00  |  |
| 8:30  |  |
| 9:00  |  |
| 9:30  |  |
| 10:00 |  |
| 10:30 |  |
| 11:00 |  |
| 11:30 |  |
| 12:00 |  |
| 12:30 |  |
| 1:00  |  |
| 1:30  |  |
| 2:00  |  |
| 2:30  |  |
| 3:00  |  |
| 3:30  |  |
| 4:00  |  |

**Contact our office immediately if you suffer from any abdominal pain, nausea or vomiting during the test.**