

DIGESTIVE DISEASE ASSOCIATES
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Patient Instructions for PillCam® Small Bowel Capsule Endoscopy With the SensorBelt

Patient: _____

Examination Date: _____

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

***This procedure is performed at the Beth Israel Deaconess Hospital
275 Sandwich Street Plymouth, MA***

PLEASE STOP ANY IRON SUPPLEMENTS FOR 3 DAYS PRIOR TO PROCEDURE

You have been scheduled for a **CAPSULE ENDOSCOPY** at Beth Israel Deaconess Hospital of Plymouth. This sheet contains information about your preparation instructions for this procedure. Please call the office if you have any questions.

After drinking the laxative you are to have nothing else to eat or drink. Please do NOT take your morning medications.

PLEASE ARRIVE TO THE ENDOSCOPY UNIT AT 7:00 AM

Day Before Procedure:

1. You are to follow the Miralax and Gatorade Preparation, available at any pharmacy.
2. **Do not eat or drink** except for necessary medication with a sip of water, 10 hours before your capsule endoscopy

Day of Capsule Endoscopy:

1. **Do not take any medications** 2 hours before having the exam.
2. **Wear upper garment of thin, natural fiber** such as a T-shirt that is long enough to reach at least to hip level and will not ride up above the belt.

After Swallowing the PillCam SB Capsule:

The capsule endoscopy procedure will last approximately 8-9 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 snack 4 hours after ingestion.** After the examination is completed, you may return to your normal diet.
3. **Be sure the SensorBelt is tight at the waist.** Do not attach anything to it.

4. **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, note the time and contact your doctor.
5. **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.
6. **Avoid strong electromagnetic fields** such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement.
7. **Do not disconnect the equipment or completely remove the DataRecorder** at any time during the procedure.
8. **Treat the DataRecorder carefully.** Avoid sudden movements and banging of the **DataRecorder**

After Completing SB Capsule Endoscopy:

Return to the ENDOSCOPY UNIT at the scheduled time to have the equipment removed.

Or: If instructed to remove the equipment at the end of the capsule endoscopy procedure, do the following:

1. Remove the **SensorBelt** and the **DataRecorder** and keep in a safe place.
2. Return all the equipment to the ENDOSCOPY UNIT as soon as possible. Handle the **DataRecorder** and other equipment carefully without exposing them to shock, vibration or direct sunlight.

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.

Undergoing an MRI while the PillCam capsule is inside your body may result in damage to your intestinal tract or abdominal cavity. If you are not certain the capsule is out of your body, contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.

Capsule Endoscopy Event Form

Patient Name:

ID Number:

Time	Event: eating, drinking, other activity & unusual sensation

TIME TO RETURN : _____

CONTACT IN CASE OF NEED:

SPECIAL INSTRUCTIONS:

MIRALAX AND GATORADE PREPARATION FOR CAPSULE ENDOSCOPY

You will need to purchase:

MiraLAX 238 gram bottle

64 ounces of Gatorade NOT red or purple

Please have a clear liquid supper

- Water
- Fruit juices without pulp
- Black coffee or black tea no cream or non-dairy creamer
- Chicken broth
- Jell-O (no red or purple)

At 7:00 pm mix the entire bottle of MiraLAX and Gatorade together. Drink at a rate of about 8 oz. every 15 minutes until gone. If you feel nauseous, then decrease the pace of your intake.