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PATIENT NAME: \_\_\_\_\_

DOCTOR'S NAME: \_\_\_\_\_

## **PREPARATION INSTRUCTIONS FOR SB CAPSULE ENDOSCOPY**

Your Physician has determined that as a part of your medical evaluation you should undergo an examination known as SB capsule endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) Pill Cam SB capsule that will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the Sensor Array that is placed on your abdomen. The sensor array is attached to a Walkman-like DataRecorder that saves all the images. It is located in the RecorderBelt, which is worn around your waist. After 8 hours you will return to ASC and they will remove the Sensor Array and the RecorderBelt or you will be shown how and return the equipment the next day by 10AM. 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 this examination, you will need to follow the instructions below: **STOP IRON PILLS 1 WEEK PRIOR TO PROCEDURE.**

### **THE DAY BEFORE CAPSULE ENDOSCOPY**

1. Start a clear liquid Diet upon waking and continuing until midnight the day before the SB capsule endoscopy examination. Do not eat or drink after midnight. Coffee and tea (No cream or milk), water, carbonated beverages, clear juice, broth or bouillon, Popsicles, Jell-O, honey, jelly, sugar and hard candy are examples of clear liquids.

### **DAY OF CAPSULE ENDOSCOPY**

1. Do not take any medication until able to resume clear liquids day of the procedure.
2. Arrive at Advanced Surgery Center (ASC) by 7:00am dressed in loose-fitting, two-piece clothing. It is best if shirt is not tucked in. Do not apply any lotions or powder on the abdomen.
3. At ASC, you will be asked to give your informed consent with the understanding there is a rare small chance of intestinal obstruction.
4. The Sensor Array will be applied to your abdomen with an adhesive pads and will be connected to the Data Recorder that you will wear in a belt around your waist. You will then be instructed to ingest the PillCam SB capsule with water mixed with a small amount of anti-bubble medicine. The PillCam has a special coating that turns slippery when swallowed with a liquid.

### **AFTER INGESTING THE PILLCAM SB CAPSULE**

1. After ingesting the PillCam, do not eat or drink for at least 2 hours. Two hours after swallowing the PillCam, you may start drinking clear liquids EXCEPT for coffee and cranberry juice. You may resume your medications at this time. Four hours after swallowing the PillCam you may have a light snack (1/2 sandwich, soup or toast). 8 hours after swallowing PillCam you may resume your regular diet. Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during the exam.
2. During the first hour after ingesting the PillCam, try to be slightly active. This will help the camera fall into the small intestine.
3. After ingesting the PillCam and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio. Occasionally, some images may be lost due to these radio interference and may result in a need for repeat study.
4. The SB capsule endoscopy lasts approximately 8 hours. Do not disconnect the equipment or remove the belt at any time during this period. Avoid sudden movement and banging of DataRecorder.
5. Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during capsule endoscopy.

**AFTER COMPLETING SB CAPSULE ENDOSCOPY** (8 Hours after ingesting)

1. You will have already decided when to return equipment to ASC before leaving in AM. Do not remove any equipment if returning to ASC by 3:30PM the same day. If you have decided to remove the equipment yourself and return equipment the next day by 10AM, you need to follow these instructions:
  - a) Do not disconnect any of the equipment from the belt. Sit on bed and remove belt, then lift up shirt and carefully remove blue adhesive pads by pulling on nonstick tabs on each blue pad. DO NOT bend any blue pad in half. Do not remove any blue pads from Sensor Array. Then just wrap all equipment up and place in a bag and return external equipment to ASC by 10AM the next day.
2. The PillCam will pass through your system within 24 to 72 hours. After each bowel movement, observed if you have passed the PillCam. If you did not positively verify the excretion of the pillcam from your body and you develop unexplained post procedure nausea, abdominal pain or vomiting, contact your physician for evaluation and possible abdominal X-ray examination.
3. If you have any questions regarding the status of the report, Please call the physicians office.

TIME SWALLOWED PILLCAM \_\_\_\_\_

TIME TABLE TO RESUME CLEAR LIQUIDS AND MEDICATIONS  
\_\_\_\_\_(NO COFFEE OR CRANBERRY JUICE)

TIME ABLE TO EAT A LIGHT SNACK (1/2 SANDWICH, SOUP, OR TOAST)  
\_\_\_\_\_

TIME TO RETURN TO ASC \_\_\_\_\_ OR

TIME TO REMOVE EXTERNAL EQUIPMENT TO ASC ON \_\_\_\_\_ BY  
10AM

IF THE PATIENT IS A NURSING HOME PATIENT, HAVE EQUIPMENT IN BOX BY  
\_\_\_\_\_ FOR A COURIER TO PICK UP AND RETURN EQUIPMENT TO US.