

## **Patient Instructions for Small Bowel Capsule Endoscopy**

Your physician has determined that as part of your medical evaluation you should undergo an examination known as small bowel capsule endoscopy. This procedure involves ingestion of a small (the size of a large vitamin pill) camera capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the SensorArray™ Belt which is placed on your abdomen. The belt is attached to a walkman-like Data Recorder which saves all the images. After 8 hours, you will return to the office to remove the belt. The PillCam capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it is not excreted naturally, it may 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. If you do not follow these instructions, your examination may not be successful.

### **1.) SEVEN DAYS BEFORE CAPSULE ENDOSCOPY: STOP TAKING IRON**

#### **2.) The Day before Capsule Endoscopy**

1. Abstain from smoking 24 hours prior to undergoing SB capsule endoscopy.
2. You may have a **light** breakfast (grits, eggs, etc) the day before your examination. No more solid foods after 12:00PM (noon) on the day before the small bowel capsule endoscopy examination.
3. At 6:00pm- Add 2 capfuls of Miralax to 16 oz of water. Mix and drink. Follow this by another 16 oz of water.
4. You may drink clear liquids until Midnight. Clear liquids: Black coffee (may have sugar), soft drinks, bouillon, plain jell-o, tea, clear juices containing no pulp. Avoid drinks/jell-o that contain red dye.
5. After Midnight- do not drink anything else.

#### **3.) Day of Capsule Endoscopy**

1. You may take necessary heart and/or blood pressure medications with a small sip of water. However do not take any medications within 2 hours of the scheduled exam time.
2. Do not put lotion or powder on your body the morning of the exam.
3. Wear comfortable, loose fitting, two piece clothing. Wear a thin t-shirt underneath your clothing.

**Date of Exam:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

Revised: 11/16/2022

**Return Time:** \_\_\_\_\_