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PillCam:

What is a Capsule Endoscopy? (PillCam)

Capsule endoscopy is a technology designed to examine the small bowel. The exam involves swallowing a capsule (about the size of a large vitamin capsule) that takes multiple digital photos of the small bowel. The images are transmitted via a sensor belt placed around your abdomen. The small bowel is about six meters long and the capsule takes about 8 hours to travel through it. You should pass the capsule naturally in your bowel movement. You do not need to retrieve the capsule; it should be flushed down the toilet.

Capsule endoscopy is a day procedure. You will be scheduled for an early morning office/hospital visit, the sensor belt will be placed around your abdomen and then you will be asked to swallow the capsule. You may then leave the office/hospital and return later in the day to have the equipment removed. No sedation or anesthetic is required. You will need to follow a diet the day before the exam and take a small amount of bowel preparation.

Patient: _____

Exam Date/Location: _____

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

SHOPPING LIST: MiraLAX/Ducolax Prep

- Four Ducolax 5mg (bisacodyl) laxative tablets- not stool softener (may use generic--cheaper and comes in smaller package)
- 1 bottle of MiraLAX powder (119 grams)
- 32 oz. bottle of Gatorade/Propel
- Clear liquids (see examples provided)

4 days prior to your capsule endoscopy stop all iron and iron supplements.

The day before your capsule endoscopy:

1. **DO NOT SMOKE** 24 hours prior to your exam
2. You will be on a clear liquid diet the entire day before the exam.

3. Between 12 noon & 2 P.M. take 4 Dicolax tabs. At 6 P.M. mix 119 grams of MiraLAX into 32 oz. of Gatorade/Propel. Drink one 8 oz. glass of mixture every 15 minutes until completed. (about two hours)
4. Nothing to eat or drink after 10 P.M.

The day of your capsule endoscopy:

1. You may take needed medications up 2 hours before the exam.
2. Do not apply body lotion or powder to your abdomen.
3. Wear loose fitting, two-piece clothing. Your upper clothing should be opaque not sheer (ex. COTTON t-shirt that is long enough to reach at least to hip level and not ride up above the belt.
4. Arrive for your appointment at the scheduled time:_____

After swallowing the PillCam Capsule:

The capsule endoscopy procedure will last approximately 8-9 hours. Contact your physician's office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.

1. You will be able to go home and resume most normal activities except heavy exercise or lifting and bending once the capsule has been swallowed.
2. You may drink colorless liquids (see examples provided) starting 2 hours after swallowing the PillCam capsule.
3. You may have a light snack (see examples provided) 4 hours after swallowing the capsule. After the examination is completed you may return to your normal diet.
4. Check the blue flashing DataRecorder light every 15 minutes to be sure it is blinking. If it stops blinking or changes color, note the time and contact your physician's office.
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 physician's office at the time you return the equipment.
6. Avoid strong electromagnetic fields 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 the DataRecorder
9. Avoid direct exposure to bright sunlight.

After completing Capsule endoscopy

Return to your physician's office at 4:30 P.M.

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 physician's office.

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.

Clear liquid diet examples:

Black Coffee (non-dairy creamer ok)

Jell-O (no fruit added & No red/purple Jell-O)

Water

Bouillon (chicken or beef)

7-Up/Sprite/Mt Dew

Popsicles (no red/purple)

Apple Juice

Gatorade/Propel (no red/purple)

White grape juice

Tea

Ginger Ale

Smart Water

Light snack examples:

Soup

Cereal

½ sandwich

Salad

Eggs

Rice

Toast

Capsule Endoscopy Event Form

Patient Name:	
Time:	Event (eating, drinking, activity and unusual sensations)
	PillCam capsule ingestion
Time to return to the physicians office: 4:30	Special instructions:
Contact: (719)635-7321	