

DIGESTIVE HEALTH SPECIALTIES

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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 ingesting a small Pill Camera (the size of a large vitamin pill) which will pass naturally through your digestive system while taking pictures of the small intestine. The images are transmitted to a walkman-like DataRecorder™ which saves all the images. It is located in the RecorderBelt™, which is worn around your waist. After 8 hours, you will return to our office to have the RecorderBelt™ removed for processing. 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:

The Day before Capsule Endoscopy

1. The day before your SB capsule endoscopy you may only have clear liquids. Clear liquids are all liquids that can be seen through. From 10 p.m. the evening before your SB Capsule Endoscopy, do not eat or drink except for necessary medication with a sip of water.
2. Do not take any medications beginning 2 hours before undergoing your SB Capsule Endoscopy.
3. Abstain from smoking 24 hours prior to undergoing SB Capsule Endoscopy.

Clear Liquids include: apple juice, sprite, tea or coffee without milk or cream, jello, chicken or beef broth. Do not drink anything colored red or purple

Day of Capsule Endoscopy

1. Arrive at your physician's office at **7:40 a.m.** for your capsule endoscopy. Please wear an under shirt to wear under the sensor belt.
2. At your physician's office, you will have a pre-procedure interview. During this interview you should be informed that SB capsule endoscopy is associated with a small chance of intestinal obstruction. You will be checked-in and asked to give your informed consent.
3. The Sensor Belt will be rest on your abdomen and will be connected to the DataRecorder which you will wear in a belt around your waist. After that you will be instructed to ingest the PillCam SB capsule.

After ingesting the PillCam SB capsule

- 1.** After ingesting the PillCam SB capsule, do not eat or drink for at least 2 hours. After 6 hours you may have a light snack. After the examination is completed, you may return to your normal diet. The above instructions related to eating apply, unless your physician specifies otherwise. Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during SB capsule endoscopy.
- 2.** After ingesting the PillCam SB capsule 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.
- 3.** Occasionally, some images may be lost due to radio interference (e.g. from amateur radio transmitter, MRI, etc.). On rare occasions this may result in the need to repeat the SB Capsule Endoscopy examination. In this case, the physician will advise you to stay within the premises of the clinic during the SB capsule endoscopy to prevent this problem from recurring.
- 4.** SB capsule endoscopy last approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder.
- 5.** During SB capsule endoscopy, you will need to verify every 15 minutes that the small light on top of the DateRecorder is blinking twice per second. If, for some reason it stops blinking at this rate, record the time and contact your physician.
- 6.** 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

- If you did not positively verify the excretion of the PillCam SB capsule 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.
- Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you do not positively verify the excretion of the PillCam SB capsule from your body, you should contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.