

## PATIENT INSTRUCTIONS FOR SMALL BOWEL CAPSULE ENDOSCOPY

Patient: \_\_\_\_\_

Procedure Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: Here in the GI clinic

### Day Before Capsule Endoscopy

1. Start a clear liquid diet **after** lunch. Clear liquids are anything you can see through in its melted state. Popsicles, jello, juice, broth, Gatorade are all examples of clear liquids. Please do not drink any liquids that are dyed red or blue.
2. Take two 17-gram capfuls of Miralax 18 **hours** before your scheduled procedure @ \_\_\_\_\_ and another 2 capfuls of Miralax **12 hours** @ \_\_\_\_\_ before your procedure.3. **Do not eat or drink** except for necessary medication with a sip of water, 8 hours before you capsule endoscopy.

### Day of Capsule Endoscopy

1. Do not take any medications 2 hours before having the exam.
2. Wear loose fitting, two-piece clothing. You will be wearing a wide padded belt around your waist and a strap over your shoulder that hold the PillCam recorder (about the size of a Game Boy device). You will be able to move around as normal and use the bathroom etc as normal.
3. The test takes about **10-12 hours from start to finish**. However, you can go home right after you have swallowed the capsule.
4. Please arrive for your appointment at the scheduled time.

### After Swallowing the Capsule

1. You may drink colorless liquids starting **2 hours** after swallowing the capsule.
2. You may have lunch **4 hours** after ingestion. Then, it is OK to eat dinner later on in the evening.
3. Check the blue flashing Data Recorder light every 15 minutes to be sure it is blinking twice per second. If it stops blinking while the test is being done, or the light changes color, note the time and contact your doctor. **You do NOT need to give us back the Pillcam, but please call or send us a MyChart message to let us know you saw it and then it can get flushed down the toilet.**
4. Avoid strong electromagnetic fields such as MRI devices after swallowing the capsule and until you pass it in bowel movement.

5. Do not disconnect the equipment or completely remove the belt at any time during the procedure.
  6. You can take off the equipment after:
    - a. 12 hours from when you first swallowed the PillCam.
    - b. Or the light on the top of the recorder turns ORANGE and blinks every 5 seconds.
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#### WHAT DO THE COLORED LIGHTS MEAN?



The BLUE light on top of the recorder shows us that the procedure is still going (i.e. that the DataRecorder is capturing pictures from the capsule) – it blinks blue each time a picture is received.

When the procedure is over (i.e. It's the end of taking pictures, or the patient has had a bowel movement and pooped the pill out), two things happen:



The orange light blinks once every 5 seconds to indicate that the recorder is no longer receiving pictures from the capsule.



“End of procedure” icon, located on the front of the recorder screen. This appears on the main screen – the blue light will have stopped flashing for some time before this symbol is displayed. This indicates that the procedure has ended and the equipment may be removed.

**\*A RED light on the top of the recorder indicates there is a computer malfunction- please call us if this happens!**

**\*Note: The Battery on the Pillcam Recorder is only meant to last for about 12-14 hours while it is taking pictures. It is OK if the recorder is NOT on the next day! 7.** 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.

Please **return equipment in a secure bag to our GI clinic at the main campus at Rady's** the day after the procedure. Treat the Data Recorder carefully. Avoid sudden movements and banging of the Data Recorder. Avoid exposing the Data recorder to bright sunlight and water.

For problems call: **858-966-4003 option 3**, to speak to a nurse during clinic hours,

Or call the operator at **858.966.1700 option 0** and ask to speak to the GI provider on call, during the night or at weekends.