

**Patient Instructions for PillCam<sup>®</sup> Small Bowel Capsule Endoscopy With the SensorBelt**

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

**Examination Date:** \_\_\_\_\_

**Arrive for your appointment at the scheduled time:** \_\_\_\_\_

Your physician has determined that as part of your medical evaluation you should undergo an examination known as SB capsule endoscopy. This procedure involves ingesting a (the size of a large vitamin pill) PillCam™ SB capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the SensorArray™ which is placed on your abdomen. The SensorArray is attached to a walkman-like Sensor Recorder which saves all the images. It is located in the Sensor Belt which is worn around your waist. After 8 hours, you will remove the Sensor Belt and return it to your physician 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.

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

**Day Before Capsule Endoscopy**

- 1 **Start the Clear liquid diet after lunch (approximately 1:00pm).**
- 2 **Do not eat or drink** except for necessary medication with a sip of water, 10 hours before your capsule endoscopy.

**At approximately 5:00pm- Take 4 Dulcolax Tablets**

**At approximately 6:00pm-Take one bottle of magnesium citrate followed by 4 glasses of water**

**After midnight, please do not take anything by mouth.**

**Day of Capsule Endoscopy**

- 1 **Do not take any medication** 2 hours before having the exam.
- 2 **Wear upper garment of thin, natural fiber (Cotton material)** white in color T-shirt that is long enough to reach at least to hip level and will not ride up above the belt.

**After Swallowing the PillCam SB Capsule**

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

- 1 **You may drink colorless liquids starting 2 hours** after swallowing the PillCam SB capsule.
- 2 **You may have a light snack 4 hours after ingestion.** After the examination is completed, you may return to your normal diet.
- 3 **Be sure the Sensor Belt is tight at the waist.** Do not attach anything to it.
- 4 Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during capsule endoscopy.
- 5 No laying down during your capsule endoscopy
- 6 **Check the blue flashing Data Recorder light every 15 minutes** to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact your doctor.
- 7 **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 doctor at the time you return the equipment.
- 8 **Avoid strong electromagnetic fields** such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement.
- 1 **Do not disconnect the equipment or completely remove the Data Recorder** at any time during the procedure.
- 2 **Treat the Data Recorder carefully.** Avoid sudden movements and banging of the Data Recorder.

**After Completing SB Capsule Endoscopy**

 **Return to the doctor's office at the scheduled time** to have the equipment removed.

<b>Patient Name: ID No:</b>	
<b>Time</b>	<b>Event (eating, drinking, activity and unusual sensations)</b>
	PillCam capsule ingestion
<b>Time to return to facility: _____</b>	<b>Special Instructions:</b>
<b>Contact in case of need:</b>	

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.

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.