



Wisdom. Compassion. Integrity.

Patient Instructions for Small Bowel Capsule Endoscopy

Date of Exam: _____

Arrival Time: _____

You must discontinue iron supplements for 7 days.

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 small (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 DataRecorder which saves all the images. It is located in the RecorderBelt™, which is worn around your waist. After 8 hours, you will remove the RecorderBelt and return it to our facility for processing. The PillCam SB capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it is not 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. After lunch (no later than 12:30PM) on the day before the SB capsule Endoscopy examination, do not eat any more solid food.
2. You may drink clear liquids until _____ PM. Clear liquids: black coffee (may have sugar), soft drinks, bouillon, plain jello, tea, clear juices containing no pulp. Avoid drinks/jello that contain red dye.
3. Take the following preparation: _____ at _____ PM.
4. After _____ PM do not drink anything else until you arrive for the test. 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.
5. Male patients should shave their abdomen 6 inches above and below the navel from side to side on the night prior to the exam. If it is difficult for you to shave your abdomen, one of the staff will shave your abdomen upon admission.
6. Discontinue iron supplements for seven (7) days prior to the procedure.

Day of Capsule Endoscopy

1. Arrive at Galen Gastroenterology at 1651 Gunbarrel Road, Suite 102, at the time scheduled above.
2. Wear comfortable, loose fitting, two-piece clothing.
3. You will have a pre-procedure interview. At this time you will be asked to give your informed consent.
4. The SensorArray will be applied to your abdomen with adhesive pads and will be connected to the DataRecorder which you will wear in a belt around your waist.
5. You will then be instructed to ingest the PillCam SB capsule.
6. After ingesting the capsule, do not eat or drink for at least 2 hours.
7. You will be able to eat a light snack (i.e. crackers) after 4 hours. You may return to a normal diet after the examination is completed.