

**PILLCAM SMALL BOWEL CAPSULE ENDOSCOPY
PATIENT INSTRUCTION SHEET**

Patient: _____

Examination date: _____

1. You will be on a **CLEAR LIQUID DIET DAY BEFORE ALL DAY. NO RED OR PURPLE DRINKS, JELLO, OR JUICES. NO MILK OR MILK PRODUCTS**
(see clear liquid diet on back)
2. Do not take iron 5-7 days prior to procedure.
3. Hold medication that will coat the lining of the bowel the day before and the day of procedure.
4. Diabetics will be told by the doctor how to administer or hold your insulin or oral medications.
5. **Purchase 2 bottles of Magnesium Citrate and 1 bottle Simethicone drops (over the counter, ask pharmacist)**
6. Drink bottle of Magnesium Citrate at **8PM on the night before your procedure** Drink 1 bottle of Magnesium Citrate on **the morning of your procedure 4AM.**
7. **NOTHING** to eat or drink after Midnight. **NO SMOKING** for 24 hours prior to procedure.
8. **Drink 10CC of Simethicone drops on the morning of your procedure at 6AM.**

Day of Capsule Endoscopy

1. DO NOT take any medications 2 hours before having procedure.
2. DO NOT apply body lotion or powder to your chest and abdomen.
3. Wear loose fitting, two piece clothing.
4. Men should shave their abdomen from 6in. above and 6in. below umbilicus.
5. **Capsule Endoscopy is contraindicated in patients with known or suspected bowel obstruction, patients with pace makers or other implanted electro-medical devices, and patients suffering from swallowing disorders.**
6. Please remove all body piercing hardware before arrival.

After Swallowing PillCam SB Capsule

1. You may drink colorless liquids starting **2 hours** after swallowing the PillCam Capsule.
2. Check the flashing Data Recorder light every 15 minutes to be sure it is blinking **BLUE** twice per second. If it stops blinking or changes to **RED**, note the time and contact your doctor.
3. Do not disconnect the equipment or completely remove the belt at any time during the procedure.
4. Treat the Data Recorder carefully.
5. Avoid direct exposure to bright sunlight.
6. You will not be able to wear a cell phone during the day of your study. **IT WILL INTERFERE WITH THE TRANSMISSION OF DATA.**
7. After the procedure is completed, you may return to your normal diet.

It is very important that you arrive on time for your study. Our phone number is 404-299-1679.