

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

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

Arrival Time: \_\_\_\_\_

## Preparing for your PillCam® small bowel capsule endoscopy

### **Introduction**

Your physician has requested a PillCam® small bowel capsule endoscopy exam. This exam helps the doctor visualize the small bowel lining to detect abnormalities that may indicate Crohn's disease, a source of obscure bleeding, or potential causes of iron-deficiency anemia not detected by an upper and/or lower endoscopy.

For more information about how the capsule endoscopy exam is performed, what to expect, and the side effects and/or possible risks of these procedures, including pictures and diagrams, please visit the *Patient Education* page of our website at [www.northlandgastro.com](http://www.northlandgastro.com) and review the enclosed brochure.

*Capsule endoscopy should not be done for patients with bowel obstruction, pregnancy, or in patients with a pacemaker or defibrillator.*

### **(4) days before your exam:**

- √ Stop all iron supplements.

### **The day before your exam:**

- √ **Clear liquids only after 10 a.m.**

***Acceptable clear liquids include:*** Strained fruit juices without pulp (apple, white grape, lemonade); water; clear broth or bouillon; coffee or tea; Gatorade®; carbonated and noncarbonated soft drinks; Kool-Aid® (or other fruit-flavored drinks); Jell-O® (without added fruits or toppings); and popsicles.

**NOT allowed: Red or purple liquids, solid foods, milk/milk products, alcohol**

- √ Do not eat or drink anything except for necessary medication with a sip of water after 10 p.m.
- √ No smoking for 24 hours before the test or during the test.

### **The day of your exam:**

- √ Do not take any medication (2) hours before having the exam.
- √ Wear comfortable clothing. You will be wearing a belt for (8) hours and return to the office later in the day to have the belt removed.
- √ Arrive for your appointment at the time noted above. You will be asked to sign a consent form authorizing Northland Gastroenterology to perform the PillCam small bowel endoscopy.
- √ You may drink colorless liquids starting (2) hours after swallowing the PillCam.
- √ You may have a light snack (4) hours after ingestion off the PillCam. You may return to a normal diet after the examination is done and the belt has been removed.
- √ Do not have an MRI during the capsule endoscopy exam.
- √ Please see reverse side for additional instructions.

**\*\*Please bring this form with to your appointment. Thank you.\*\***

## **Patient Instructions: After swallowing the PillCam**

- √ Use the *Capsule Endoscopy Event Form* below to note the time of any event such as eating, drinking or a change in your activity. Return this *Event Form* to your doctor when you return the equipment at the end of the day.
- √ Check the blue flashing DataRecorder 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 our office.
- √ Avoid strong electromagnetic fields such as MRI devices after swallowing the capsule and until you pass it in a bowel movement. Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity.
- √ Do not disconnect the equipment or completely remove the DataRecorder at any time during the procedure. The DataRecorder stores images of your examination. Please handle the recorder, recorder belt and battery pack with care. Do not expose them to shock, vibration or direct sunlight, which may result in loss of information.
- √ Return to Northland Gastroenterology at the end of the day as instructed below for belt removal.
- √ If you did not positively verify the excretion of the PillCam capsule from your body during a bowel movement and you develop unexplained post-procedure nausea, abdominal pain or vomiting, contact our office at 218-724-3411 for evaluation and possible abdominal x-ray examination.

## **Test results:**

- √ Please allow up to (7) days for our office to prepare the images of your study and for the doctor to view and interpret the results. After the doctor has evaluated the results, you will receive a phone call and a report will be sent to your referring physician. If you haven't heard from our office after (7) days, please call 218-724-3411.

## **PillCam Endoscopy Event Form**

<b>Patient Name</b>		<b>ID No</b>	
<b>Time</b>	<b>Event (eating, drinking, activity and unusual sensations)</b>		
	PillCam SB capsule ingestion		
	Time to return to clinic with DataRecorder equipment		

<b>Who to call in case of need:</b>	<b>Special Instructions:</b>

***The capsule endoscopy procedure will last approximately 8-9 hours. Contact our office immediately at 218-724-3411 if you suffer from any abdominal pain, nausea or vomiting during the procedure.***