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## **PATIENT INSTRUCTIONS FOR PILLCAM CAPSULE ENDOSCOPY**

### **THE DAY BEFORE YOUR PROCEDURE:**

- 1) You may have a light breakfast. You should not eat any solid food after 12 noon.
- 2) After 12 noon you should drink only clear liquids such as water, clear fruit juices, Gatorade, soup, broth, tea or coffee without cream, popsicles, soda, and Jell-O for the rest of the day. **Avoid RED, PURPLE, OR BLUE colored liquids.**
- 3) NO ALCOHOL the day before your capsule endoscopy.
- 4) Do not eat or drink anything after midnight.

### **THE DAY OF YOUR PROCEDURE:**

- 1) Wear comfortable, loose fitting clothing.
- 2) Please arrive at the doctor's office at 8:00 AM.
- 3) Take any morning medications with a sip of water 2 hours after you swallow the capsule.
- 4) The capsule endoscopy procedure will last approximately 8-9 hours. Contact your doctor's office immediately if you suffer any abdominal pain, nausea, or vomiting during the procedure.

**AFTER SWALLOWING THE CAPSULE:**

- 1) You may drink colorless liquids starting 2 hours after swallowing the pill cam.
- 2) Avoid going near electromagnetic fields, such as MRI machines or scanners.
- 3) Do not get the equipment wet.
- 4) Do not disconnect or attempt to remove the equipment.
- 5) Be sure the sensor belt is tight at the waist. Do not attach anything to it.
- 6) Check the blue flashing data recorder light to be sure it is blinking twice per second. If it stops blinking or changes color please note the time and contact your doctor's office.
- 7) Return to the doctor's office at 4 PM.
- 8) You may resume a normal diet after the exam is over.
- 9) You do NOT need to save the capsule. It is disposable and may be flushed down the toilet after the test.