

# Patient Instructions for Undergoing SB Capsule Endoscopy

Your physician has determined that as part of your medical evaluation you should undergo an examination known as Small Bowel (SB) capsule endoscopy. You are not to take iron supplements one week before your scheduled procedure. 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 return to the office to have the RecorderBelt removed. 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 may 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. Please only ingest clear liquids after 3 pm. DO NOT HAVE ANY SOLID FOOD for dinner the evening before your test.** Clear Liquids include:

- Strained fruit juices without pulp (apple, white grape or lemonade)
- Water
- Clear broth or bouillon soup
- Coffee or tea (without milk or non-dairy creamer)
- All of the following are also allowed, as long as they are NOT colored RED or PURPLE
  - Kool-Aid or other fruit flavored drinks
  - Gatorade or Snapple
  - Plain Jello (preferably clear or yellow, without added fruits or toppings)
  - Carbonated and non-carbonated soft drinks
  - Ice Popsicles

2. Drink one liter of Moviprep Laxative at 6 pm and another liter at 10 pm.

### **Directions for taking Moviprep Laxative:**

- Empty 1 pouch "A" and 1 pouch "B" into the disposable container.
  - Add lukewarm drinking water to the top line of the container. Mix to dissolve. If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.
  - The Moviprep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete.
  - Drink 16 ounces of the clear liquid of your choice when you finish each liter of the Moviprep.
3. Continue to drink plenty of clear liquids up until 10pm the night before the capsule endoscopy - make sure you stay well hydrated! However, **do not ingest anything after 10pm except for the Moviprep and any necessary medication with a sip of water.**
4. Abstain from smoking 24 hours prior to undergoing SB capsule endoscopy.

## Day of Capsule Endoscopy

1. **DO NOT EAT SOLID FOOD.** Take 1 Gas X Tablet one hour before coming to the office. These can be purchased over the counter at a drugstore or supermarket. Do not take any other medication during the 2 hours immediately before undergoing capsule endoscopy.
2. Arrive at our office at the prescribed time for your SB capsule endoscopy dressed in a loose fitting, two-piece outfit. Please wear a cotton tee-shirt underneath your clothing.

3. At our office, you will have a pre-procedure interview. During this interview you will be informed that, rarely, the capsule may get stuck in the small intestine during SB capsule endoscopy, and occasionally needs to be removed surgically or endoscopically. You will be checked-in and asked to give your informed consent.
4. You will be given a DataRecorder monitor to wear. After that you will be instructed to ingest the PillCam SB capsule.

### **After Ingesting the Pillcam SB Capsule**

1. After ingesting the PillCam SB capsule, do not eat or drink for at least 4 hours. After 4 hours you may have a light snack. After the examination is completed, you may return to your normal diet. Contact us immediately if you suffer from any abdominal pain, nausea or vomiting during SB capsule endoscopy.
2. After ingesting the PillCam SB capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or an amateur (ham) radio.
3. Occasionally, some images may be lost due to radio interference (e.g. from an amateur radio transmitter, MRI, etc.). On rare occasions this may result in the need to repeat the SB Capsule Endoscopy examination.
4. SB capsule endoscopy lasts approximately 8 hours. Do not disconnect the equipment at any time during this period. Since the DataRecorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder.
5. During SB capsule endoscopy, you will need to verify every 15 minutes that the small light on top of the DataRecorder is blinking twice per second. If, for some reason it stops blinking at this rate, record the time and contact our office. You should also record the time and nature of any such event such as eating, drinking, your activity and unusual sensations. Return the Event Form with these notes to our office at the time you return the equipment.
6. Avoid any strenuous physical activity if it involves sweating and do not bend over or stoop during capsule endoscopy.