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PROCEDURE DATE: _____ OFFICE _____ MATHER _____ ST CHARLES
(If you need to **cancel** your procedure, please let us know **as soon as possible**.)

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. At 5pm, mix the 8.3 oz. (238 g) bottle of Miralax or 225 g of Polyethylene glycol in 64 oz. of Gatorade or Crystal Light Beverage. Shake the solution until the Miralax has dissolved. Drink **8 oz. every 10-15 minutes** until you have finished the entire solution. Continue clear liquids until bed-time. Remain close to toilet facilities.

3. Abstain from smoking 24 hours prior to undergoing SB capsule endoscopy.

(INSTRUCTIONS CONTINUED ON REVERSE SIDE)

Day of Capsule Endoscopy

Do not eat solid food prior to your procedure.

1. 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.
2. 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.
3. 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.