



## Hampton Roads Gastroenterology

501 Medical Drive, Hampton VA 23666

Tel: 757-826-3434 Fax: 757-826-9028

### **Patient Instructions for Undergoing Small Bowel Capsule Endoscopy**

Your doctor has suggested that you have a Pillcam endoscopy as part of your evaluation. A Pillcam endoscopy allows the doctor to look inside the small intestine. You will ingest a capsule (the size of a large vitamin pill) which will pass naturally through your digestive system while taking pictures of your intestine. The images are transmitted to a Data Recorder worn on a belt throughout the test.

#### **5 days prior to Capsule Endoscopy**

- STOP taking iron supplements or multi-vitamins that contain iron
- Purchase items needed for prep: One 4.1 ounce (119 gram) bottle of MiraLax  
32 oz. bottle of Gatorade (**not** red, orange, or purple)

#### **The Day before Capsule Endoscopy:**

- You may eat breakfast and a very light lunch the day BEFORE your Pillcam. After lunch on the day, you will begin a clear liquid diet. This includes clear fruit juices, broth, Popsicles, Jell-O, coffee, tea, etc. **Do not eat or drink anything with red, purple, or orange coloring**, milk, creamer, or dairy products. No solid food is allowed the evening before, as this may compromise the quality of the study.
- Between **5:00 and 7:00 PM the evening before the Pillcam**, mix the MiraLax 119 gram bottle in one 32 ounce Gatorade bottle until dissolved. Begin drinking the solution until the bottle is gone. You can continue drinking clear liquids up until midnight. Do NOT have anything to eat or drink after midnight.
- Abstain from smoking 24 hours prior to undergoing Pillcam.
- **Do not** take Carafate, milk of magnesia, antacids for 24 hours prior to the capsule ingestion.

#### **The Day of Capsule Endoscopy:**

- Arrive at the office at your scheduled time, please do not arrive earlier. You do not need a driver or anyone to accompany you. Dress in loose fitting, two-piece clothing. Do not use any lotion or powder.
- A pre-procedure interview will be conducted where you will be informed that the Pillcam is associated with a small chance of intestinal obstruction. You will be asked to give your informed consent to proceed.

### **After Ingesting the Pillcam:**

- After ingesting the capsule, **do not eat or drink for at least 2 hours**. After 4 hours, you may have a light snack. After the examination is completed, you may return to your normal diet.
- **Contact your physician immediately if you suffer from any abdominal pain, nausea, or vomiting during the Pillcam.**
- After ingesting the Pillcam 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 amateur (ham) radio. In the event that there is radio interference, your physician may require you to repeat the test and remain in the office during the examination.
- The Pillcam lasts approximately 8 hours, do not disconnect the equipment or remove the belt at any time during this period. Since the Data Recorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the Data Recorder.
- Avoid any strenuous physical activity especially if it involves sweating and do not over or stood during capsule endoscopy.
- Return to the office at your designated time so that the equipment may be removed. Once your physician reviews the images, you will be contacted with the results.

### **Following the Capsule Endoscopy:**

- You can resume normal activities and return to a normal diet.
- Check your stool over the next 7 days to look for the capsule. It is disposable and should be flushed with the stool if you see it. You do NOT need to save the capsule.
- If you do NOT see the capsule in your stool after 7 days, contact 757-826-3434 to let them know you have not seen the capsule. You may need to have an abdominal X-ray done to make sure the capsule is no longer in your intestinal tract.