VIDEO CAPSULE SMALL BOWEL ENDOSCOPY INSTRUCTIONS

To ensure the best results for your PillCam capsule endoscopy of the small bowel, follow your doctor's instructions carefully and completely.

DAY BEFORE CAPSULE ENDOSCOPY:
1. Start the clear liquid diet which means clear liquids, such as clear soup and juices such as apple juice. (No Red Drinks Please, as it looks like blood).
2. Do not eat or drink from 10:00 p.m. the previous evening.

DAY OF CAPSULE ENDOSCOPY:
1. DO NOT take any medication or drink any water.
2. Do not apply body lotion or powder to your abdomen.
4. Arrive for your appointment at the scheduled time: _______.

If you are a woman, please bring someone with you, because Doctor's office staff will not be present before 8:00 a.m.

AFTER SWALLOWING THE PILLCAM SB CAPSULE:
The capsule endoscopy procedure will last approximately 8-9 hours. Contact your doctor's office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.

1. You may drink colorless liquids starting 2 hours after swallowing the PillCam SB capsule.
2. You may have a light snack 4 hours after ingestion. After the examination is completed, you may return to your normal diet.
3. Check the blue flashing Data Recorder 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 your doctor.
4. Use the supplied Capsule Endoscopy Event Form to note the time of any event, such as eating, drinking or a change in your activity. Return the completed Event Form to your doctor at the time you return the equipment.
5. Avoid strong electromagnetic fields, such as MRI devices or ham radios, after swallowing the capsule and until you pass it in a bowel movement.
6. Do not disconnect the equipment or completely remove the Data Recorder at any time during the procedure.
7. Treat the Data Recorder carefully. Avoid sudden movements and banging of the Data Recorder.
8. Avoid direct exposure to bright sunlight.

AFTER COMPLETING SB CAPSULE ENDOSCOPY:

Return to the doctor's office at ________________ to have the equipment removed.

If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact Dr. Curry at 760-773-2882.

Undergoing an MRI while the PillCam capsule is inside your body may result in damage to your intestinal tract or abdominal cavity. If you are not certain the capsule is out of your body, contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.