



**Patient Instructions for PillCam® Small Bowel Capsule Endoscopy
With the Sensor Belt**

Patient: _____

Examination Date: _____

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 clear fluid diet at 1:30pm.
Clear fluids include - Gatorade, Powerade, other electrolyte sports drinks. Strained fruit juices, water, clear broth, Bonox, tea, coffee (no milk), jellies (not red or purple), cordials (not red or purple), clear ice blocks.
2. Take either Picoprep or Picosalax at 8pm.

NOTE: This preparation will cause multiple bowel movements and often works quickly. Remain within easy reach of a toilet.

PICOPREP INSTRUCTIONS	PICOSALAX INSTRUCTIONS
Dissolve the entire contents of 1 sachet of Picoprep in a glass of warm water. If preferred chill in fridge. Drink contents of glass followed by 1 glass of water.	Fill a glass with 120mL of cold water. Empty the contents of one sachet into the glass and stir for 2-3 minutes then drink. If the solution becomes warm allow to cool before drinking.

3. **Do not eat or drink** except for necessary medication with a sip of water starting 10 hours before your capsule endoscopy.

DAY OF CAPSULE ENDOSCOPY

1. **Do not take any medication** 2 hours before having the exam.
2. **Wear upper garment of thin, natural fibre** such as a T-shirt that is long enough to reach at least to hip level and will not ride up above the belt. Please note the belt must be placed on top of an item of clothing.
3. **Arrive for your appointment at the scheduled time:** _____

After Swallowing the PillCam SB Capsule

Contact your doctor's office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.

1. **You may drink colourless 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. **Be sure the sensor belt is tight at the waist.** Do not attach anything to it.
4. **Check the blue flashing PillCam recorder every 15 minutes** to be sure it is blinking twice per second. If it stops blinking or changes colour, note the time and contact your doctor.
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 PillCam recorder** at any time during the procedure.
7. **Treat the PillCam recorder carefully.** Avoid sudden movements and banging of the recorder.

AFTER COMPLETING SB3 CAPSULE ENDOSCOPY

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

Or: If instructed to remove the equipment at the end of the capsule endoscopy procedure, do the following:

1. Remove the sensor belt and the PillCam recorder and keep in a safe place.
2. Return all the equipment to your doctor's office as soon as possible. Handle the PillCam recorder and other equipment carefully without exposing them to shock, vibration or direct sunlight.

PLEASE NOTE:

If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact your doctor for evaluation.

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.