



Alabama Colon & Gastro, P.C.

SPECIALISTS IN DIGESTIVE DISEASES, ENDOSCOPY AND HEPATOLOGY

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

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 the prescribed liquid diet after lunch** (prescribed by ordering MD).
2. **Do not eat or drink** except for necessary medication with a sip of water, 10 hours before your capsule endoscopy.

Day of Capsule Endoscopy

1. **Do not take any medication** 2 hours before having the exam.
2. **Do not apply body lotion or powder to your abdomen.**
3. **Wear loose fitting, two-piece clothing.** Your upper clothing should be opaque, not sheer.
4. **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 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 PillCam 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.



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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.** Avoid sudden movements and banging of the recorder.
8. **Avoid direct exposure to bright sunlight.**

What can I eat and drink while on a clear liquid diet? (The majority of fluids should be water.)

1. Water!
2. Clear juices (such as apple, white grape or white cranberry). You may also drink stained juices (such as grapefruit and lemonade). If you can see through it, the doctor can see through it!
3. Coffee without cream or milk, or mild tea without cream or milk.
4. Soft drinks like lemon-lime soda, cola, and root beer. (only drink these occasionally.)
5. Clear sports drinks. (No red or purple colored!)
6. Fat free clear broth, fat free clear bullion, or fat free consommé.
7. Plain popsicles. Avoid popsicles with pureed fruit or fiber in them. (No red or purple colored!)
8. Plain hard sugar candy in small amounts. (No red or purple colored!)
9. Flavored gelatin, such as Jell-O without fruit. You may also drink gelatin as a warm beverage before it sets. (No red or purple or orange colored!)
10. Sugar, honey, jelly or syrup in small amounts.
11. Herbs, mild seasoning, or salt.

What should I avoid eating and drinking while on a clear liquid diet?



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1. Do not eat anything red or purple colors of any beverage, candy, popsicle, or Jell-O.
2. Do not drink beverages containing alcohol.
3. Do not drink dairy products such as milk, hot cocoa, buttermilk, and cream.
4. Do not drink fruit smoothies, nectars, fruit juices with pulp and prune juices.
5. Do not drink tomato and vegetable juices.
6. Do not eat any other soups besides broth, bullion, or consommé.
7. Do not eat any desserts not listed above.