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## PATIENT INSTRUCTIONS FOR PILLCAM® SMALL BOWEL CAPSULE ENDOSCOPY WITH THE SENSORBELT

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.

### Before Capsule Endoscopy:

1. The day prior to your Scheduled Capsule Endoscopy: You may have your regular breakfast the day prior. Starting at 11:00 am the day prior begin the clear liquid diet. Do not drink any beverages containing red or purple dye. Acceptable liquids include:
  - fat-free bouillon or broth
  - strained fruit juice
  - water
  - plain coffee
  - plain tea
  - sports drinks, such as Gatorade
  - gelatin
2. 7:00 pm: Take One Dose (17 grams) of MIRALAX an over-the-counter laxative, mixed with water
3. 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. Wear upper garment of thin, natural fiber such as a T-shirt that is long enough to reach at least to hip level and will not ride up above the belt.
3. Arrive for your appointment at the scheduled time: \_\_\_\_\_

### 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. Be sure the SensorBelt is tight at the waist. Do not attach anything to it.

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4. Check the blue flashing DataRecorder 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.
5. 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.
6. Avoid strong electromagnetic fields such as MRI devices, ham radios, microwaves, etc. after swallowing the capsule and until you pass it in a bowel movement
7. Do not disconnect the equipment or completely remove the DataRecorder at any time during the procedure.
8. Treat the DataRecorder carefully. Avoid sudden movements and banging of the DataRecorder.

**After Completing SB 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 SensorBelt and the DataRecorder and keep in a safe place.
2. Return all the equipment to your doctor's office as soon as possible. Handle the DataRecorder and other equipment carefully without exposing them to shock, vibration or direct sunlight.

*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*

**Capsule Endoscopy Event Form**

<b>Patient Name:</b>		<b>ID No:</b>
<b>Time:</b>	<b>Event (eating, drinking, activity and unusual sensations)</b>	
	PillCam capsule ingestion	
<b>Time to return to facility:</b> _____		<b>Special Instructions:</b>
<b>Contact in case of need:</b>		

To learn more of G.I. Excellence, Inc.'s procedures and patient care technology, visit our website

[www.gi-excellence.com](http://www.gi-excellence.com).

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