

CARLISLE DIGESTIVE DISEASE ASSOCIATES

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Patient Instructions for After Capsule Ingestion

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.** (See Attached)
2. **Do not eat or drink** except for necessary medication with a sip of water, 6 hours before your capsule endoscopy.
3. At 6pm drink the Miralax preparation as instructed.

Day of Capsule Endoscopy

1. **Do not take any medication** 2 hours before having the exam.
2. **Wear loose fitting, two-piece clothing.** Your upper clothing should be 100% cotton.
4. **Arrive for your appointment at the scheduled time:** _____

After Swallowing the PillCam SB Capsule

The capsule endoscopy procedure will last approximately 8-12 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 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.
4. **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 belt** at any time during the procedure.
7. **Treat the DataRecorder carefully.** Avoid sudden movements and banging of the Data Recorder.

After Completing SB Capsule Endoscopy

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

The day before:

**LOW RESIDUE DIET
UNTIL 11am**

Milk
Boiled, baked, or mashed potatoes (without the skin)
Eggs (poached or boiled)
White Bread
Applesauce
Ripe Bananas
Chicken Noodle Soup
Coffee with cream
Ensure
Any of the clear liquids listed below

**CLEAR LIQUID DIET
11am – 10pm**

Clear strained fruit juices (apple, white grape, white cranberry, lemonade)
Clear broth or bouillon
Jello
Coffee (black)
Gatorade
Ice Popsicles
Italian Ice
Tea (plain)
Kool-Aid
Clear sodas (7-up, Sprite, or Ginger Ale)

- **It is important that you drink as much fluid as you can the day before the exam. (1-2L)**
- **At 6pm drink 32oz of Gatorade mixed with Miralax 4.1oz container (or equivalent store brand) Drink over 1 – 2 hours**

NONE OF THESE PRODUCTS SHOULD BE COLORED RED OR PURPL. ALCOHOLIC BEVERAGES ARE NOT CONSIDERED A CLEAR LIQUID.

- **Nothing by mouth after 10pm**
- **If you take iron tablets stop them 3 days prior to the test**