

CAPSULE ENDOSCOPY INSTRUCTIONS PLEASE READ THESE CAREFULLY

YOUR CAPSULE ENDOSCOPY IS SCHEDULED ON: _____ *(date)* **AT THE**
_____ **UTAH GASTROENTEROLOGY OFFICE.**

**Please do not consume alcohol or smoke cigarettes 14 hours prior to and during the exam.
Your instructions to prepare for the test are as follows:**

1. Buy a bottle of Miralax that contains 238 grams of powder.
2. Purchase a variety of clear liquids and 64 oz of Gatorade in which to mix the Miralax. (No red, purple or blue)
3. Mix the 238 grams of Miralax with your Gatorade. Shake the solution until it is dissolved and begin taking the Miralax solution at 5:00. Drink all of the solution within a two hour period of time. Continue clear liquids until 10:00 PM.
4. No food or drink after 10:00 PM the night before your appointment.
5. Hold all medications until 2 hours after you have consumed the capsule.
6. Please arrive at 8:00 AM, dressed in loose fitting, two piece clothing. Male patients should shave from their sternum to below their navel before arriving for the procedure.
7. Lie on your right side for one hour after swallowing the capsule. Avoid strenuous activity.
8. Two hours after consuming the capsule you may have clear liquids. Four hours after consuming the capsule you may have a light lunch such as soup, salad or sandwich.
9. Make sure you get up and move around a least every hour for at least five minutes. Do not lie down or bend over excessively during the test.
10. Return to our office by 4:40 pm on the day of your capsule endoscopy to return the equipment. The results will be called to you within 2 weeks. Call us with any questions.
11. Please contact your physician before the procedure if you have a cardiac pacemaker, a defibrillator or any other electro medical device.

**If you have any questions or feel that your prep has not been effective, please call our office at
801-944-3199.**

(continued on other side)

Your physician has determined that as part of your medical evaluation you should undergo an examination known as SB capsule endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) PillCam™ SB capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the SensorArray™ which is placed on your abdomen. The SensorArray is attached to a DataRecorder™ which saves all the images. It is located in the RecorderBelt™, which is worn around your waist. After 8 hours, you will return to your physician's office to remove the RecorderBelt and the images will be processed. The PillCam SB capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this examination, you will need to follow the preparation instructions your physician has provided you.

Occasionally, some images may be lost due to radio interference (e.g. from amateur radio transmitter, MRI, etc.). On rare occasions this may result in the need to repeat the SB Capsule Endoscopy examination. In this case, the physician will advise you to stay within the premises of the clinic during the SB capsule endoscopy to prevent this problem from recurring.

SB Capsule Endoscopy last approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder.

During SB Capsule Endoscopy, you will need to verify every 15 minutes that the small light on top of the DataRecorder is blinking twice per second. If, for some reason it stops blinking at this rate, record the time and contact your physician. You should also record the time and nature of any event such as eating, drinking, your activity and unusual sensations. Return the event form with these notes to your physician at the time you return the equipment. Avoid any strenuous physical activity during SB Capsule Endoscopy.

If you do not positively verify the excretion of the PillCam SB capsule from your body, and you develop unexplained post procedure nausea, abdominal pain or vomiting, contact your physician for evaluation and possible abdominal X-ray examination. Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the excretion of the PillCam SB capsule from your body, you should contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.

Patient Name: _____ Time: _____

Event (eating, drinking, activity and unusual sensations)

Who to call in case of need: _____

Time to return to facility: _____

Special Instructions: Call if there are any change in monitor lights or with any unusual abdominal pain.
