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Digestive Health Gastroscopy, Colonoscopy, Capsule Endoscopy, Hydrogen/Methane Breath Testing

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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 Test

STEP 1

Start the prescribed liquid diet from 12 noon before the test

e.g water, cordial, soft drink, black tea, coffee (No milk, sugar is OK, fruit juice(apple and grape juice) lucozade/ sport drinks and Yellow Jelly, Bonox, clear soup must be strained with no particles. (no red, purple nor green coloured liquids)

STEP 2 The afternoon before the test at 3-4pm

Take the Picoprep

Mix the Sachet of Picosalax in 1 glass of water followed by 4 glasses of clear liquids as listed above between 3-4 pm.



Then
drink



4

glasses of clear liquids

STEP 3

Do not eat or drink except for necessary medication with sip of water, 10 hours before your capsule endoscopy ie from 10pm the night before your test.

Day of Capsule Endoscopy Test

1. **Do not take any medications** 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.
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 colourless liquid starting 2 hours** after swallowing the PillCam SB capsule.
2. **You may have a light snack 4 hours after ingestion.** After 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 Data Recorder light every 15minutes** to be sure it is blinking twice per second. If it stops blinking or changes colour, note 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 or ham radios after swallowing the capsule until you pass it in a bowel movement