

Dr Sina Malki-Gastroenterologist M.B.B.S (Melb) F.R.C.P

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

Bellfield Consulting Rooms 275 Bell st, cnr Waterdale Rd Bellfield/Heidelberg West 3081 Ph 94550099 Fax 94550102

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 colored liquids)

STEP 2 on the afternoon before the test 3-4pm

Take the Picoprep

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



STEP 3

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

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