MELBOURNE GI & ENDOSCOPY

# PATIENT INSTRUCTIONS FOR
# 'PillCam' Small bowel Capsule endoscopy

**Examination Date:** **Time:**
**Address:** 130 Grey Street East Melbourne 3002 **Fee:** $500.00

## FIVE DAYS PRIOR TO YOUR CAPSULE ENDOSCOPY:

1. Read carefully, sign and return the Capsule Endoscopy Consent form
2. Cease iron supplements unless advised otherwise.

## DAY BEFORE CAPSULE ENDOSCOPY:

1. NO FOOD - Only clear fluids from ***Approved Clear Fluids** list for the entire day before the procedure.

***Approved Clear Fluids:** Water, Apple Juice, Jelly (no red, green or purple colours), Black tea, Clear broth, Clear Cordials, Lemonade. NO Coke or Coffee.

## DAY OF CAPSULE ENDOSCOPY:

1. Do not take any medications – 2 hours before having the exam
2. Wear comfortable and loose top with trousers/skirt of your choice. Do not wear a dress.
3. **Please drink at least one glass of water per hour**

**After Swallowing the PillCam 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. Continue to drink at least one glass of water per hour after swallowing the PillCam SB capsule.
2. Your may have a light snack 4 hours after ingestion (eg light meal, sandwich). After examination is completed, your may return to your normal diet.
3. Check the blue flashing Data Recorder light regularly to ensure that the blue light remains on, and is not blinking. If it starts blinking, please 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.
5. Do not disconnect the equipment or completely remove the belt at any time during the procedure.
6. Treat the Data Recorder carefully. Avoid sudden movements and banging of the Data Recorder
7. Avoid direct exposure to bright sunlight.

## After Completing PillCam SB Capsule endoscopy:
## Return to the doctors office at: 130 Grey Street, East Melbourne Vic 3002

*! If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting contact our rooms immediately.*

**** 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 possible abdominal X-ray before undergoing an MRI examination.****