



Patient Instructions for NaviCam®

Small Bowel Capsule Endoscopy

**** To ensure the best results for your NaviCam ® capsule endoscopy of the small bowel, follow your doctor's instructions carefully and completely. ****

7 Days Before your Capsule Endoscopy/NaviCam appointment:

1. Please stop any injectable medications for weight loss or diabetes, such as Mounjaro, Zepbound, Ozempic, or Wegovy. This may be resumed after NaviCam is complete.

The Day Before Your Capsule Endoscopy/NaviCam appointment:

1. **You may eat a regular breakfast and lunch, however, NO MEALS AFTER 1:00PM. Then, clear liquids only until 10pm.** No coffee, shakes, smoothie type beverages.
2. **DO NOT DRINK ANYTHING AFTER 10pm** the night before the capsule endoscopy. You can take necessary medications with a sip of water the morning of, approximately 2 hours before appointment time.

The Day of Capsule Endoscopy/NaviCam:

1. Do not take any medication 2 hours before having the exam.
2. Dress in comfortable loose-fitting clothing to include a light shirt or t-shirt to wear under the NaviCam Vest.
3. Arrive for your appointment at the scheduled time.

After Swallowing the NaviCam SB Capsule:

Contact the 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 NaviCam.
2. **You may have a light lunch 4 hours after** swallowing the NaviCam. Please be careful not to spill any food/drink on the equipment.
3. **Be sure the vest is well fit and comfortable.** Do not attach anything to it.
4. **Avoid any strong electromagnetic fields** such as MRI devices or Ham radios after swallowing the capsule until you pass it in a bowel movement.

5. **DO NOT disconnect the equipment** or completely remove the NaviCam recorder at any time during the procedure.
6. **Treat the NaviCam recorder and vest carefully.** Avoid any sudden movements and banging of the recorder and please keep the vest protected while eating and drinking.

After Completing NaviCam Capsule Endoscopy:

Return to the doctor’s office by 4:00pm to have the equipment removed.

When you see/find the NaviCam has passed, you simply flush it, do not retrieve it as it does not need to be brought back. After the examination is completed, you may return to your normal diet.

****If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain, or vomiting, contact your doctor for an evaluation.**

**** Undergoing an MRI while the NaviCam 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 an evaluation and possible abdominal X-ray before undergoing an MRI.**

Patient Name:	
Time	Event (eating, drinking, activity, or any unusual sensations)
	Time the NaviCam was swallowed.
	You may begin clear liquids only at this time; nothing red/pink/purple tinged; “see through.”
	You may eat a Light lunch- no red meat or any tomato products.
	Times of any bowel movements during your recording time, no description needed. If you pass the NaviCam at any time during your recording time, you are done and can bring equipment back.
Return Time: 4:00pm	

A nurse will call you with results within 2 weeks. If you do not hear anything after 2 weeks, please call our office at 952-368-3800