



## **Patient Instructions for PillCam® Small Bowel Capsule Endoscopy with the Sensor Belt**

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

### **7 Days Before your Capsule Endoscopy/PillCam appointment:**

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

### **The Day Before Your Capsule Endoscopy/PillCam 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 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/PillCam:**

1. Do not take any medication 2 hours before having the exam.
2. Dress in comfortable loose-fitting clothing.
3. Arrive for your appointment at the scheduled time

### **After Swallowing the PillCam 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 PillCam.
2. **You may have a light snack 4 hours after** swallowing the PillCam. After the examination is completed, you may return to your normal diet.
3. **Be sure the sensor belt is tight and snug fitting at the waist.** Do not attach anything to it. The belt should be snug, however not uncomfortably tight.
4. **Check the blue flashing PillCam recorder every 15 minutes** to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact your doctor. Blue/Green/Yellow lights are normal. It should always go back to blue blinking.
5. **Avoid any strong electromagnetic fields** such as MRI devices or Ham radios after swallowing the capsule until you pass it in a bowel movement.
6. **DO NOT disconnect the equipment** or completely remove the PillCam recorder at any time during the procedure.

7. **Treat the PillCam recorder carefully.** Avoid any sudden movements and banging of the recorder.

**After Completing SB Capsule Endoscopy:**

Return to the doctor's office at 4:00pm to have the equipment removed.

When you see/find the PillCam has passed, you simply flush it, do not retrieve it as the PillCam does not need to be brought back.

**\*\*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 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 an evaluation and possible abdominal X-ray before undergoing an MRI.**

Patient Name:	
<b>Time</b>	<b>Event (eating, drinking, activity, or any unusual sensations)</b>
	Time the PillCam was swallowed.
	You may begin clear liquids only at this time; nothing red/pink/purple tinged. "See through."
	You may eat a Light lunch- <b>no red meat or any tomato products.</b>
	Times of any bowel movements during your PillCam recording time, no description needed. If you pass the PillCam at any time during your recording time, you are done and can bring equipment back.
<b>Return Time:</b> <u>4:00pm</u>	<b>Special Instructions:</b> Call if the monitor flashes red, white, or stops flashing, document time and call clinic. If it turns yellow or green and then back to blue that is OK

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