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SMALL BOWEL CAPSULE ENDOSCOPY

You are scheduled for a Small Bowel Capsule Endoscopy on: _____ AT: 9:00AM

PLEASE READ THE MATERIALS IN THIS PACKET AS SOON AS YOU GET THEM- DO NOT WAIT UNTIL THE DAY OF
YOUR TEST.

A \$50.00 cancellation fee will be billed directly to the patient for any appointment not canceled with a 48 hour notice.

To ensure the best results for your PillCam capsule endoscopy of the small bowel, follow the instructions carefully and completely.

ONE WEEK BEFORE EXAM: If you take Iron supplements, it needs to be discontinued 7 days prior.

DAY BEFORE EXAM:

1. Drink only clear liquids for lunch and dinner the day before the exam. Clear liquids are liquids that you can see through. The following items are those that may be used in a CLEAR LIQUID DIET: Broth, Bouillon, Ginger Ale, Sprite, 7-UP, Apple Juice, White Grape Juice, Water, Popsicles, Jell-O (no red or purple colored, no fruits or cream added) Black Tea (may have sugar but no milk or cream).
2. Do not eat or drink for 12 hours prior to your appointment.
3. Do not take any medication beginning 2 hours before your appointment.
4. Wear loose fitting, two-piece clothing. Your upper clothing should be opaque, not sheer, like a T-shirt. 5. Abstain from smoking 24 hours prior to the appointment.
5. Do not apply body lotion or powder to your abdomen.

DAY OF EXAM:

6. Arrive for your Capsule Endoscopy dressed in loose fitting, two piece clothing.
7. You will have a pre-procedure interview. During this interview you should be informed that Capsule Endoscopy is associated with a small chance of intestinal obstruction. You will be asked to give your informed consent.
8. The SensorArray will be connected to the DataRecorder which you will wear in a belt around your waist. After that you will be instructed to ingest the PillCam SB Capsule.

AFTER SWALLOWING THE PILLCAM SMALL BOWEL CAPSULE:

9. After swallowing the PillCam SB Capsule, do not eat or drink for at least 2 Hours. You may then have water. You may drink colorless liquids.
10. After 4 hours you may have a light snack.
11. Check the blue flashing DataRecorder light every 30 minutes to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact the office.
12. Contact the office immediately if you suffer from any abdominal pain, nausea or vomiting during the Capsule Endoscopy.
13. After swallowing the PillCam SB Capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as the created near an MRI device or amateur (ham) radio.
14. Do not disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movements and banging of the DataRecorder.
15. Avoid direct exposure to bright sunlight.

16. After the examination is complete, you may return to your normal diet, unless your physician specifies otherwise.

AFTER: COMPLETING SB CAPSULE ENDOSCOPY:

Undergoing an MRI while the capsule is inside your body may result in a serious damage to your intestinal tract or abdominal cavity. You should contact the office for evaluation and possible abdominal X-ray examination before undergoing an MRI examination.

CAPSULE ENDOSCOPY

Capsule Endoscopy is a procedure that uses a tiny wireless camera to take pictures of your digestive tract. A Capsule endoscopy camera sits inside a vitamin -size capsule that you swallow. As the capsule travels through your digestive tract, the camera takes thousands of pictures that are transmitted to a recorder you wear on a belt around your waist.

Capsule endoscopy is sometimes referred to as capsule enteroscopy or small bowel endoscopy. Capsule endoscopy helps your doctor see inside your small intestine. Your small intestine, located between your stomach and your colon, can be difficult to reach with traditional endoscopy procedures and imaging tests.

Situations in which your doctor might recommend a Capsule Endoscopy procedure include:

- **Gastrointestinal Bleeding.** Capsule Endoscopy may help your doctor find the cause of gastrointestinal bleeding if other tests and procedures haven't been conclusive.
- **Crohn's Disease.** Capsule Endoscopy may reveal areas of inflammation in the small intestine that can help your diagnose inflammatory bowel diseases, such as Crohn's Disease.
- **Cancer.** Capsule Endoscopy may show tumors in the small intestine or other parts of the digestive tract.
- **Celiac Disease.** Capsule Endoscopy is sometimes used in diagnosing and monitoring Celiac Disease.
- **Polyps.** People who have inherited syndromes that can cause polyps in the small intestine may occasionally undergo capsule endoscopy to screen for polyps.

The camera used in Capsule Endoscopy takes thousands of color photos as it passes through your digestive tract. The images saved on the recorder are transferred to a computer with special software that strings the images together to create a video. Your doctor watches the video to look for abnormalities within your digestive tract. It may take a few days to a week to receive the results of your Capsule Endoscopy. Your Doctor will then share the results with you.