

## GASTROENTEROLOGY ASSOCIATES OF TIDEWATER

### You should prepare for Capsule Endoscopy in the following manner:

- You need to be on a liquid diet starting after lunch the day before the Capsule Endoscopy, and from 10 p.m. the evening before the Capsule Endoscopy, should abstain from eating or drinking except for necessary medication with a sip of water.
- You may take medication up until two hours before and may resume taking medication two hours after Pill Cam SB ingestion, drinking only water.
- You need to abstain from smoking beginning 24 hours prior to undergoing the Capsule Endoscopy.
- Male patients should shave their abdomen 6 inches above and below the navel on the day of the examination.
- You will need to complete a bowel cleansing preparation to facilitate a good exam with the Pill Cam. (attached)

At the physician's office, the Sensor Array™ will be applied to the abdomen and connected to the Data Recorder™, which is located in the Recorder Belt™ and is worn around the waist during the examination. You will then be instructed to ingest the **PillCam** SB Capsule.

- After ingesting the capsule, you should abstain from eating or drinking for another 2 hours.
- After 2 hours, you may drink water.
- After four hours, you may have a light snack.

After the examination is completed, you may return to a normal diet.

These instructions related to eating apply, unless your physician specifies otherwise.

The examination will last approximately 8 hours. The physician should instruct you when the examination is considered complete. During the examination, you should avoid any physical activity that involves sweating and to abstain from bending. Since the Data Recorder™ is actually a small computer; it should be treated with utmost care and protection. Sudden movement and banging of the Data Recorder™ should be avoided. You should be instructed to never remove the Recorder Belt™ during the examination.

At the end of 8 hours, return to the office to have the Sensor Array™ and Recorder Belt™ removed. The **PillCam** SB Capsule is disposable and it will be excreted naturally in your bowel movement.

### Drug Interactions

- You may take your usual prescribed medication up until two hours before the examination and resume two hours after **PillCam** SB Capsule ingestion, with water.
- If you are taking any medication that may delay gastric emptying, such as calcium channel blocking agents, consider withholding the drug on the day of the test if this is medically acceptable.
- If you are taking any medication that coats the small bowel such as iron and sulcrafate, consider withholding the drug beginning five days before the Capsule Endoscopy if this is medically acceptable.
- For patients with diabetes, consider appropriate change in insulin doses.
- Patients may continue taking Coumadin.

## GASTROENTEROLOGY ASSOCIATES OF TIDEWATER

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Your **PillCam (M2A)** is scheduled for \_\_\_\_\_ at \_\_\_\_\_ AM/PM in our **Chesapeake Office**

### PREPARATION FOR PillCam (M2A)

Diabetes handout given.

- ◆ All regularly used medication such as Digoxin should be continued, **except diabetes meds.**
- ◆ Stop iron supplements 7 days prior to the test.
- ◆ No antacids the day prior to the test.

### **PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY:**

The day before the examination on \_\_\_\_\_

Drink only clear liquids for dinner.

#### **Clear Liquid Diet:**

Water	Black coffee or tea, sugar or sweetener	Italian Ice
Clear fruit juice (apple, white grape, cranberry)	Any soda (Coke, Pepsi, etc.)	Boost or Ensure ( <u>fiber-free</u> )
Bouillon or fat-free broth	Popsicles (no red)	
Hard candy (Lifesavers),	Gatorade (no red)	
Jell-O (all flavors <b>except red</b> )		

#### **NO MILK – NO MILK PRODUCTS – NO SOLID FOODS**

1. **Fill HalfLyte jug with tap water (to line) and chill**
2. At **noon** take all 4 bisacodyl tablets with water. Do not chew or crush. Continue to drink clear liquids, as desired.
3. At **6:00** pm begin drinking HalfLyte. Drink 1 (8oz) glass every 10 minutes. Be sure to drink the entire jug.

The day of the examination on \_\_\_\_\_

Please report to the endoscopy lab on time at **7:30** AM.

### **IF YOU HAVE QUESTIONS PLEASE CONTACT OUR OFFICE AT 547-0798.**

For more information see our website: [www.gatqi.com](http://www.gatqi.com) under Procedures.

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**“A Division of Tidewater Gastroenterology, PLLC”**

## **GASTROENTEROLOGY ASSOCIATES OF TIDEWATER**

### **During the Day with the Capsule**

- Do not eat or drink for at least 2 hours. After the 2 hour period you may consume some clear liquids. After 4-6 hours you may eat a light lunch, and take your usual daily medications. After the study you may resume your normal diet. Contact our office immediately if you develop abdominal pain, nausea or vomiting any time after ingesting the capsule.
- Avoid any source of powerful electromagnetic field such as MRI or ham radio.
- Avoid strenuous physical activity and any bending or stooping that could interfere with the sensor array. You may walk, sit or lie down. You may drive your car. You may return to work if you are able to comply with the specific restrictions.
- Do not stand directly next to another patient undergoing capsule Endoscopy.
- Try not to touch, remove or get wet, the sensor array leads.
- Handle the Data Recorder apparatus and battery pack carefully. Do not expose them to shock, vibration or direct sunlight, which may result in loss of data.
- You may loosen the belt to use the bathroom. Do not take the belt off.
- Observe the LED light on the data recorder every 15 minutes. If the light stops blinking, document the time and call our office.

**Gastroenterology Associates of Tidewater  
Phone Number: 547 0798**

**GASTROENTEROLOGY ASSOCIATES OF TIDEWATER**

**Consent for Capsule Endoscopy (PillCam SB)**

I \_\_\_\_\_ understand that

- PillCam SB is a new endoscopic exam of the small intestine. It is not intended to examine the esophagus, stomach or colon. It does not replace upper endoscopy or colonoscopy.
- The PillCam SB capsule may potentially cause intestinal obstruction resulting in the need for hospitalization and surgery.
- After ingesting the PillCam SB capsule and until it is excreted, I should not be near any source of powerful electromagnetic fields such as one created near an MRI device.
- If after ingesting the PillCam SB capsule I experience abdominal pain, nausea or vomiting, I should contact the physician immediately.
- If excretion of the capsule has not been positively verified, and I develop unexplained post procedure abdominal pain, vomiting or other symptoms of obstruction, I should contact my physician for evaluation and possible abdominal X-ray examination.
- The safety of this device has not been established in pregnancy.
- The safety of this device in patients with significant gastrointestinal diverticular disease is unknown.
- I understand that due to variations in a patient's intestinal motility, the capsule may only image part of the small intestine. It is also possible that, due to interference, some images may be lost and this may result in the need to repeat the capsule procedure.
- I understand that images and data obtained from my capsule Endoscopy may be used, under complete confidentiality, for educational purposes in future medical studies.
- I have reviewed the information for this procedure with my physician and have had an opportunity to have all my questions answered.

I hereby consent to the use of PillCam SB.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date

## GASTROENTEROLOGY ASSOCIATES OF TIDEWATER

### Pillcam Capsule Endoscopy Post Examination Instructions Form

You have just had a capsule endoscopy. This sheet contains information about what to expect over the next two (2) days.

Please call your physician's office if you have severe or persistent abdominal or chest pain, fever, or difficulty swallowing.

Your physician will contact you with the result of your Pillcam Capsule Endoscopy results.

1. **Pain:** Pain is uncommon following capsule endoscopy. If you feel sharp or persistent abdominal or chest pain, please call your physician's office at **547-0798**
2. **Nausea:** This is also uncommon and should it occur please call your physician's office.
3. **Diet:** You may eat what you normally eat. There are no dietary restrictions.
4. **Activities:** You may resume your normal daily activities including exercise tomorrow.
5. **Medications:** You may resume all medications immediately.
6. **Further Testing:** Until the capsule passes, further testing that includes any type of MRI should be AVOIDED. If you have an MRI scheduled for the next 3 days, this should be POSTPONED.
7. **The Capsule:** The capsule passes naturally in a bowel movement (BM) typically within 24 hours, depending on your regularity status. Most likely, you will be unaware of its passage. It DOES NOT need to be retrieved and can safely be flushed down the toilet. Occasionally, the capsule lights will still be flashing when it passes. Don't be alarmed, your images have already been captured.
8. **Concerns:** Should you be concerned that the capsule did not pass, in the absence of symptoms; an abdominal x-ray can be obtained after 3 days to confirm its passage.
9. **Follow-Up Results:** You will be notified by your physician's office with the results of your capsule Endoscopy.

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