

## 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 sucralfate, 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 \_\_\_\_\_

1. Drink only clear liquids for dinner.

#### Clear Liquid Diet:

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

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

2. **Fill HalfLytely jug with tap water (to line) and chill**
3. At **noon** take 2 bisacodyl tablets with water. Do not chew or crush. Continue to drink clear liquids, as desired.
4. At **6:00** pm begin drinking HalfLytely. 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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