



## CRDAMC GASTROENTEROLOGY PILLCAM INSTRUCTIONS (254) 553-6547/9079



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

Your physician has determined that as part of your medical evaluation you should undergo an examination known as Small Bowel Capsule Endoscopy or PillCam. This procedure involves ingesting a capsule the size of a large vitamin pill which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the Sensor Array belt which is placed around your waist. The PillCam Capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will need to be removed endoscopically or surgically.

### **One Week Before Capsule Endoscopy**

1. Ensure you pick up your colonic preparation prescription from the pharmacy at least 1 week prior to your procedure.

### **The Day Before Capsule Endoscopy**

#### **1. Start a clear liquid diet - NO SOLID FOODS**

- Coffee, Tea (no cream)
- Clear Juice without Pulp (Apple, White Grape, Lemonade)
- Broth, Bouillon
- Gatorade or Similar Sports Drinks
- Kool-Aid, Crystal Light
- Jell-O (no added fruit or toppings)
- Popsicles
- Carbonated Soft Drinks (Coke, Pepsi, Sprite; Diet or Regular)

- **AVOID RED OR PURPLE LIQUIDS**; NO DAIRY OR PULP. When in doubt, If you cannot see through it then don't drink it.
- **Drink plenty of fluid** throughout the day to avoid dehydration. **At a minimum, drink 8 ounces of clear liquids every hour.**

#### **2. Do not eat or drink anything after midnight.**

#### **3. Follow the below instructions for taking the colonic preparation.**



**Before starting your bowel prep, make sure you are close to the restroom.**

#### **MIXING YOUR MOVIPREP SOLUTION –**

Empty 1 pouch A and 1 pouch B into the disposable container. Add lukewarm water to the top line of the container. Mix to dissolve. If you prefer, the solution can be refrigerated before drinking. The solution should be used within 24 hours.

**Start @ 1700 (5:00 PM) and complete within one hour.**

- The **MoviPrep** container is divided by 4 marks.
- Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is finished.
- You may start going to the bathroom after only a couple of glasses, but be sure to drink **ALL** of the solution.
- **Drink at least two – 8 ounce glasses** of clear liquids of your choice after completing this dose of bowel prep.

#### **Day of Capsule Endoscopy**

1. Take 2.4 mL of simethicone orally 30 minutes prior to your appointment.
2. Do not take any other medication 4 hours before having the exam.
3. Wear an upper garment of thin, natural fiber such as a T-shirt that is long enough to reach at least to hip level and will not ride up above the belt.

#### **CHECK IN FOR PROCEDURE:**

CHECK IN AT THE KIOSK STATION IN FRONT OF THE ORAL SURGERY CLINIC (2<sup>ND</sup> FLOOR OF THE MAIN LOBBY). THEN, PROCEED TO ENDOSCOPY/ICU WAITING AREA AND HAVE A SEAT UNTIL CALLED.

#### **Special Instructions**

1. **HEART AND BLOOD PRESSURE** medications should be **continued as prescribed**.
2. **MEDICATIONS:**
  - Hold your **Iron & Metformin** (Glucophage) for 24hrs before your procedure.
  - Hold any other **oral diabetic medications** the morning of the procedure and check your blood sugar before arrival.
  - If you take **Lantus** insulin, take only half of your normal dose the night prior to the procedure.
3. Do **Not** schedule any **MRI** exams on the same day of your procedure or until you pass the PILLCAM. Undergoing an MRI while the PillCam capsule is inside your body may result in damage to your intestinal tract or abdominal cavity.
4. **Drink plenty of water** throughout the week, especially the day before. You will not be able to drink anything for 2 hours or eat anything for 4 hours after swallowing the PILLCAM. Staying well hydrated before the exam will help.

Your **PROCEDURE** is scheduled for \_\_\_\_\_ and your **ARRIVAL TIME** is \_\_\_\_\_

Your scheduled time is subject to change in the event of a cancellation due to an emergency.

\*If you need to reschedule / cancel your appointment or have any medical questions about the instructions, please call **(254) 553-6547**.