

# Capsule Endoscopy (PillCam) Instructions with prep

Date: \_\_\_\_\_

Arrival time: \_\_\_\_\_

Place: Adult Gastroenterology Associates  
4200 E. Skelly Dr. Ste 700  
Tulsa, OK 74135

## PREPARATION

### Day Before Capsule Endoscopy:

- Start a clear liquid diet at noon. Clear liquids include water, juice, sports drinks, soft drinks—anything you can see through--and black coffee. Avoid anything red.
- At 6:00 PM drink one bottle of Magnesium Citrate (over the counter). Do not drink Magnesium citrate if you have kidney problems. (Call your doctor if you have questions.)
- After 10:00 PM, do not eat or drink except for necessary medication with a sip of water.

### Day of Capsule Endoscopy:

- Do not take any medication 2 hours before having the exam.
- Do not apply body lotion or powder to your abdomen.
- Wear loosely fitting, two piece clothing.
- Arrive for your appointment at the scheduled time.

### After swallowing the PillCam capsule:

*The capsule endoscopy procedure will last approximately 8 hours. Contact your doctor's office immediately if you suffer from any abdominal pain, nausea or vomiting during your procedure.*

- **You may drink colorless clear liquids starting 2 hours** after swallowing the PillCam. Do not drink any red liquids.
- **You may have food 6 hours after ingestion.** After the examination is completed, you may return to your normal diet.
- **Check the blue flashing data recorder light every 15 minutes** to be sure it is blinking twice per second. If it stops blinking or changing color, note the time and contact your doctor.
- **Avoid strong electromagnetic fields** such as MRI devices after swallowing the capsule and until you pass it in a bowel movement.
- **Do not disconnect the equipment or remove the data recorder** at any time during the procedure.
- **Treat the data recorder carefully.**

- **Avoid direct exposure to bright sunlight.**
- **At the time of the procedure, we will let you know what time to return the data recorder.**