

Capsule Endoscopy (PillCam) Instructions

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.
- 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.**