

## Video Capsule Endoscopy (PillCam) Instructions

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

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

Location: Adult Gastroenterology Associates (918-438-7050)  
4200 E. Skelly Dr. Ste 700 Tulsa, OK 74135

### Important Considerations:

- If possible, hold iron supplements for 3-5 days before the study.
- Inform the provider if you have gastroparesis or a history of gastric surgery.
- Inform the provider if you have difficulty swallowing large pills/tablets.
- Inform the provider if you have an implanted cardiac defibrillator.
- You may drive yourself to the appointment.

### Day Before Capsule Endoscopy:

- Start a clear liquid diet in the morning upon awakening. 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) followed by six glasses of water. Do not drink Magnesium Citrate if you have kidney problems. Call your doctor if you have questions.
- If unable to obtain Magnesium Citrate, then take two Dulcolax 5mg tabs with 6 glasses of water.
- 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:

*The video capsule endoscopy procedure will last approximately 8 hours. Immediately contact your doctor's office if you experience any abdominal pain, nausea or vomiting during your procedure.*

- **You may drink colorless clear liquids starting 2 hours after swallowing the PillCam.**
- **You may have food 6 hours after swallowing the PillCam.** You may resume your normal diet at the end of the study.
- **Check the blue flashing data recorder light every 15 minutes** to be sure it is blinking twice per second. If the light stops blinking or changing color, record 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 when to return the data recorder.**