



PATIENT INSTRUCTIONS FOR PILLCAM SMALL BOWEL CAPSULE ENDOSCOPY

To ensure the best results for your PillCam capsule endoscopy of the small bowel, follow your doctor's instructions carefully & completely. The capsule endoscopy procedure will last approximately 8-9 hours.

After swallowing the PillCam SB Capsule:

1. **You may drink clear liquids (nothing red or purple) starting 2 hours after swallowing the PillCam SB Capsule.**
 2. **You may have a light snack 4 hours after ingestion of the PillCam capsule.** After the testing is completed, you may return to your normal diet.
 3. **Check the blue flashing Data Recorder light every 15 minutes to be sure it is blinking twice per second.** If it stops blinking or changes color, note the time & contact our office.
 4. **Avoid strong electromagnetic fields** such as MRI devices or ham radios after swallowing the capsule until you pass it in a bowel movement.
 5. **Do not disconnect the equipment or completely remove the belt** at any time during the procedure.
 6. **Treat the Data Recorder carefully.** Avoid sudden movements & banging of the Data Recorder.
 7. **Avoid direct exposure to bright sunlight.**
- **Contact our office immediately (919-791-2040) if you suffer from any abdominal pain, nausea or vomiting during the procedure.**
 - **If you are not sure that the capsule has passed out of your body & you develop unexplained nausea, vomiting or abdominal pain, contact your provider in our office for evaluation.**
 - **Undergoing an MRI while the PillCam capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you are not certain the capsule is out of your body, contact your provider in our office for evaluation & possible abdominal X-ray before undergoing an MRI examination.**