



Prep Instructions for Video Capsule Endoscopy

PLEASE DO NOT smoke for 24 hours before undergoing your PillCam Study, as well as during your PillCam Study. DO NOT TAKE ANTACIDS.

STOP taking any iron products or prescription containing iron **5 days before** your PillCam Study unless otherwise directed by your physician.

The day **prior** to your procedure _____, you will start your clear liquid diet, (no solid foods).

DIABETICS: Do not take oral diabetic medications the night before or the morning of your procedure.

Three (3) days: prior to procedure, **avoid** the following: NUTS, SEEDS, GRAINS, GRANOLA, CORN, POPCORN

You may NOT have dairy products, red or purple food dyes color, and alcohol.

You may drink the following liquids; sports drinks, water, black coffee, tea, vegetable, chicken or beef broth, soda, clear juices without pulp, white grape juice, apple juice, white cranberry juice, popsicles and Jell-o are other examples of other clear liquids.

The day of your procedure _____,

Please follow the instructions below or your PillCam Study may be cancelled and rescheduled.

- ✓ **DO NOT EAT OR DRINK ANYTHING!**
- ✓ **DO NOT take any medication after 6:00 am.** (You may brush your teeth, but do not swallow water.)
- ✓ Please wear a comfortable, two-piece outfit. You will be wearing a Velcro-belt around your waist and will be connected to the Data Recorder – for eight hours.

After ingesting the PillCam Capsule:

- **At 12:00 pm (noon)** You may take your morning medications with water and may resume clear liquid intake.
- **At 2:00 pm** you may have a light lunch or snack, such as a half sandwich or cup of soup.

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- **Avoid** any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio until the PillCam is excreted. *
- **Do Not** engage in any strenuous physical activity to avoid banging the recorder.
- Contact our office immediately if you experience abdominal pain, chest pain, nausea, or vomiting during the procedure.

Ending Procedure

- **DO NOT** disconnect the equipment or remove the belt at any time during this period. Since the Data Recorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movements and banging of the Data Recorder.
- Return to normal diet, activities, and medications.

* **Avoid any type of MRI until the capsule passes.** This should take a day or two. Occasionally, the capsule lights will still be flashing when it passes. Don't be alarmed. Your images have already been captured.

* The capsule **DOES NOT** need to be retrieved and can safely be flushed down the toilet.

Please arrive at Pioneer GI Clinic at 8:00 am for PillCam administration.

Please return to Pioneer GI Clinic at 4:00 pm to return Data Recorder.