



## Patient instructions for Capsule Endoscopy (Pill Cam)

**\*\* If you take IRON supplements, STOP taking them 1 week before your Capsule Endoscopy examination. \*\***

### The Day before Capsule Endoscopy:

- After lunch on the day before your capsule examination, you will need to start on a liquid only diet. Do not have anything other than liquids.
- Do not eat or drink anything after 10:00 pm, except necessary medication with a sip of water.
- Do not take any medication 2 hours before undergoing SB Capsule Endoscopy.

### Day of Capsule Endoscopy:

- Arrive at your physician's office at the scheduled time dressed in loose-fitting, two-piece clothing.
- At your physician's office, you will be able to ask any questions you have regarding the test.
- You will be asked to sign an informed consent for the procedure.
- The Sensor Belt will be applied to your abdomen and will be connected to the Recorder which you will wear in a sling.
- After that you will be instructed to swallow the Capsule.

### Following the Capsule Endoscopy:

- After Swallowing the Capsule
  - Do not eat or drink for at least 2 hours.
  - After 2 hours you may have clear liquids. Nothing RED.
  - After 4 hours you may have a light snack. No dairy and nothing RED.
  - After the examination is completed, you may return to your normal diet.
- You may continue your normal daily activities; however, avoid any strenuous physical activity especially if it involves sweating during testing.

### Important Warning:

- After ingesting the capsule, and until it is excreted (approximately 7-10 days), you should not be near any source of powerful electromagnetic fields such as an MRI machine or amateur (ham) radio.
- **Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you do not positively verify the excretion of the capsule, you should contact your physician for evaluation of possible X-ray of the abdomen before undergoing an MRI examination.**