

The Gastroenterology Group
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Preparation Instructions: Read front and back.

WIRELESS CAPSULE ENDOSCOPY has been recommended for you. This examination involves swallowing a capsule or “pill-camera” that will take approximately 50,000 pictures of your intestinal tract. Most patients pass the capsule into the stool within 1-2 days after swallowing it. This is the best test to completely examine the entire small intestine and determine if any condition or disease may be present.

The capsule endoscopy procedure will last approximately 8-9 hours. Contact our office immediately if you have abdominal pain, nausea or vomiting.

Instructions: You need to purchase: Miralax 119gm bottle and Gas-X (simethicone) 80mg.

Your exam is scheduled at: _____

- Please wear a light weight **cotton** shirt. The sensor belt should be tight at your waist.
- Start a clear liquid diet starting at 12 PM the day BEFORE swallowing the capsule.
- Mix Miralax 119 gm with a one liter bottle of clear liquid (Gatorade, lemonade, or other)
- Start at 5pm and drink 8 oz every 20 minutes till finished
- Take Simethicone (Gas-X, Phazyme) 80 mg 1 hour BEFORE swallowing the capsule.
- You may take necessary medications with a sip of water up to 2 hours BEFORE swallowing the capsule and 2 hours AFTER.
- You may resume a clear liquid diet 4 hours AFTER swallowing the capsule.
- You may resume a regular diet upon turning in the recorder device 8 hours AFTER swallowing the capsule.

Medications:

You may take necessary medications with a sip of water up to 2 hours BEFORE swallowing the capsule and 2 hours AFTER.

Insulin- Take ½ your usual dose on the day(s) of clear liquids and your exam day.

Oral Diabetic medications including Diabeta, Glucophage –Do not take while on clear liquids.

Your physician may modify the above recommendations, if needed.

Wireless Capsule Endoscopy Preparation - continued

- Avoid strong electromagnetic fields such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement.
- Do not disconnect the equipment or completely remove the Data Recorder at any time during the procedure.
- Treat the Data Recorder carefully. Avoid sudden movements and banging of the Data Recorder
- Return to our office at the scheduled time to have the equipment removed.

If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact us for evaluation.

Undergoing an MRI while the PillCam capsule is inside your body may result in damage to your intestinal tract or abdominal cavity. If you are not certain the capsule is out of your body, contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.

If you have any questions regarding your instructions or your exam, please call our office at **330.869.0954**.