

**NORTH SHORE
GASTROENTEROLOGY
ASSOCIATES, P.C.**

233 EAST SHORE ROAD, SUITE 101
GREAT NECK, NEW YORK 11023
TEL: 516-487-2444
FAX: 516-487-2446

ALAN SLOYER, M.D., F.A.C.G.
ARTHUR TALANSKY, M.D., F.A.C.G.
HOWARD RATTNER, M.D., F.A.C.G.
MORDECAI DICKER, M.D., F.A.C.G.
CHAIM ABITTAN, M.D.
DAVID MILKES, M.D., F.A.C.G.
ALEX NOVOGRUDSKY, M.D.
OMER MASOOD, M.D.
DENISE DIMARCO, N.P.
SHAHEEN KHALFAN, RPA-C
REBECCA BIKRAM, RPA-C

Instructions for PillCam Small Bowel Capsule Endoscopy

PATIENT: _____ DATE: _____

PLACE: 233 EAST SHORE RD., SUITE 101 ARRIVAL TIME: _____

You have been scheduled for a Capsule Endoscopy. This information sheet will inform you of how to best prepare for the procedure. If there are any questions remaining after reading these instructions, please call our office.

If you are unable to keep your appointment kindly give us at least 72 hours notice. We have a long waiting list of patients that urgently need this procedure and must wait several weeks.

To ensure the best results for your capsule endoscopy, please follow these instructions carefully and completely.

On the day before your capsule endoscopy:

You may have breakfast and lunch as long as you are done by 12:00pm. However, you may **NOT** have anything red. (For example: no red meat, no strawberries or cherries) And **no** dairy products. (For example: no milk or cheese)

After 12pm, you must remain on a clear liquid diet.

Only the following clear liquids are allowed:

| | | |
|-------------------------|----------------------------|-------------------------------|
| Water | Seltzer | Plain Jello (NO RED) |
| White Grape Juice | Sprite | Apple Juice |
| Bouillon or Clear Broth | Gatorade (NO RED) | Ginger Ale |
| | | Italian Ice (NO RED) |

There are no exceptions, patients may eat and drink ONLY WHAT IS ON THIS LIST!!

You may not have anything to eat or drink after 10:00pm

On the day of your capsule endoscopy:

1. **Do not take any medication** 2 hours before having the exam.
2. Wear an upper garment of thin, natural fiber such as a T-shirt that is long enough to reach at least to hip level and will not ride up above the belt.

After swallowing the Capsule:

*****The capsule endoscopy procedure will last approximately 8-9 hours. Contact our office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.***

1. **You may drink colorless liquids starting 2 hours after swallowing the PillCam capsule.**
2. **You may have a light snack 4 hours after swallowing the PillCam capsule.** After the examination is completed, you may return to your normal diet.
3. **Be sure the sensor belt is tight at the waist.** Do not attach anything to it.
4. **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 and contact our office.
5. **Avoid strong electromagnetic fields** such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement.
6. **Do not disconnect the equipment** or completely remove the data recorder at any time during the procedure.
7. **Treat the data recorder carefully.** Avoid sudden movements and banging of the data recorder.

Return to our office at 3:30pm to have the equipment removed.