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**INSTRUCTIONS FOR PILLCAM SMALL BOWEL ENDOSCOPY**

**PATIENT NAME:** \_\_\_\_\_ **DATE OF PROCEDURE:** \_\_\_\_\_

**DOCTOR:** \_\_\_\_\_ **APPOINTMENT TIME:** \_\_\_\_\_

**IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, WE ASK THAT YOU GIVE US 72 HOURS NOTICE. If you do not call, and fail to show up for your scheduled appointment you will be charged a "No Show Fee" of \$100.00.**

**TO ENSURE THE BEST RESULT FOR YOUR CAPSULE ENDOSCOPY, PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY AND COMPLETELY.**

**THE DAY BEFORE YOUR CAPSULE ENDOSCOPY:**

1. You may have breakfast and lunch; you must finish by 12:00pm
2. You may not have anything red (i.e., no red meat, strawberries, cherries, etc.).
3. You may not have any dairy products.
4. **After 12:00pm, you must remain on a CLEAR LIQUID DIET for the rest of the day.**

<b>You May Have:</b>			<b>You May NOT Have:</b>	
Water	Seltzer	Apple Juice	Solid Foods	Alcohol
Sprite	Ginger Ale	Plain Jello (not red or purple)	Lemonade	Milk or Milk Products
Bouillon or Clear Broth		Gatorade (not red or purple)		
White Grape Juice		Italian Ice(not red or purple)		
Black Coffee or Tea (no milk or creamer)				
Gum				

**THE DAY OF YOUR CAPSULE ENDOSCOPY:**

1. Do not take any medication 2 hours before your appointment.
2. Wear a top of thin, natural fiber such as a t-shirt, that is long enough to reach your hips 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. 2 hours after swallowing the PillCam capsule, you may drink clear liquids.
2. 4 hours after swallowing the PillCam capsule, you may have a light snack.
3. **RETURN TO OUR OFFICE AT 3:30PM TO HAVE THE EQUIPMENT REMOVED.**
4. After the examination is complete, you may return to your normal diet.

**IMPORTANT:**

- **Be sure the sensor belt is tight at the waist. Do not attach anything to it.**
- **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.**
- **Avoid strong electromagnetic fields such as MRI devices after swallowing the capsule and until you pass it in a bowel movement.**
- **Do not disconnect the equipment or remove the data recorder at any time during the procedure.**
- **Treat the data recorder carefully. Avoid sudden movements and banging the data recorder.**