

# Digestive Disease Specialists of Northeast Alabama

900 Goodyear Ave – Suite A – Gadsden, AL 35903  
112

Tel. (256) 492-3220 ext 108 or



César T. Fernández, M.D.  
Gastroenterology/Hepatology

## **PillCam Small Bowel Capsule Endoscopy Instructions:**

Procedure Date: \_\_\_\_\_

Arrival Time: 8:30am Return Time: 4:30pm

**\*\*If you take Carate, TUMS, Roloids, Pepto-Bismol, fiber supplements, vitamins, or medications that contain iron, discontinue those 3 days before your procedure.**

**\*\*Notify the nurse if you have a history of an intestinal blockage or abdominal surgery.**

**\*\*You may not have this procedure performed if you have a pacemaker or defibrillator.**

### **Day Before Capsule Endoscopy:**

1. You must be on a clear liquid diet all day. Do NOT have any solid food or dairy products. Avoid red and purple liquids. You may have tea, carbonated beverages, fruit flavored drinks, strained fruit juices, apple juice, white grape juice, lemonade, clear broth, jello and popsicles.  
*If you are a diabetic, you should take oral medication as normal. If you take insulin, take half your dose at all scheduled times today. You must monitor your blood sugar.*
2. At 6:00pm, mix a 4.1 ounce bottle of Miralax with 32 ounces of water. Drink 8 ounces every 15 minutes.
3. At 11:00pm, you may not have anything else to eat or drink. You may take necessary medications with a sip of water.

### **Day of Capsule Endoscopy:**

1. Do not take any medication after 6:00am.  
*If you are diabetic, do not take your morning dose of oral medication. If you take insulin, take half of your morning dose of long-acting insulin (i.e. NPH) and no morning dose of short-acting insulin (i.e. regular insulin).*
2. Arrive for your scheduled appointment time at 8:30am. It is very important not to be late for your appointment. If you are late, you may be rescheduled.

### **After swallowing the PillCam SB Capsule:**

*Contact your doctor's office immediately if you suffer from any abdominal pain, nausea, or vomiting during the procedure.*

1. At 10:30am, you may begin drinking colorless liquid.
2. At 12:30pm, you may have a light snack. You may resume all regular medications at this time.
3. At 4:30pm, return the equipment to your doctor's office. If you notice that you pass the capsule before that time, you may go ahead and return the equipment at that time.
4. Be sure the sensor belt is tight at the waist and do not attach anything to it. Do not remove the belt at any time. Do not bend or stoop during the capsule endoscopy.
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. If you have not passed the capsule within two weeks, notify the nurse so an x-ray can be scheduled.
6. Do not disconnect the equipment or remove the PillCam recorder at any time during the procedure.

Call our office at 256-492-3220 ext 108 or 112 for any questions or concerns about your procedure.

Your test results will be forwarded to the ordering physician within 1 to 2 weeks. The ordering physician will schedule a follow up appointment with you to discuss your results.