

### **Capsule Endoscopy Instructions**

#### **Please read all instructions carefully**

**If you need to cancel your appointment, please contact the office at least Five (5) days prior to your procedure. If the office does not receive cancellation 36 hours prior to your procedure a fee of \$125 will be applied. For your convenience, there is an afterhours cancellation line.**

This procedure involves ingesting a small (the size of a large vitamin pill) PillCam™ SB capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the SensorArray™ which is placed on your abdomen. The SensorArray is attached to a walkman-like DataRecorder™ which saves all the images. It is located in the RecorderBelt™, which is worn around your waist. After 8 hours, you will remove the RecorderBelt and return it to your physician for processing. The PillCam SB capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:

#### **The Day before Capsule Endoscopy**

1. After lunch on the day before the SB capsule endoscopy examination, start the liquid diet our physician prescribed. From 10 p.m. the evening before SB Capsule Endoscopy, do not eat or drink except for necessary medication with a sip of water.
2. Do not take any medication beginning 2 hours before undergoing SB capsule endoscopy.
3. Abstain from smoking 24 hours prior to undergoing SB capsule endoscopy.
4. Male patients should shave their abdomen 6 inches (15 cm) above and below the navel on the day of the examination. If it is difficult for you to shave your abdomen, please contact your physician's office to arrange to have this done in advance.
5. **DO NOT EAT OR DRINK ANYTHING THE DAY OF THE PROCEDURE.**

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

1. Arrive at your physician's office at the prescribed time for your SB capsule endoscopy dressed in loose fitting, two-piece clothing.
2. At your physician's office, you will have a pre-procedure interview. During this interview you should be informed that SB capsule endoscopy is associated with a small chance of intestinal obstruction. You will be checked-in and asked to give your informed consent.

3. The SensorArray will be applied to your abdomen with adhesive pads and will be connected to the DataRecorder which you will wear in a belt around your waist. After that you will be instructed to ingest the PillCam SB capsule.

**After ingesting the PillCam SB capsule**

1. After ingesting the PillCam SB capsule, do not eat or drink for at least 2 hours. After 4 hours you may have a light snack. After the examination is completed, you may return to your normal diet. The above instructions related to eating apply, unless your physician specifies otherwise. Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during SB capsule endoscopy.
2. After ingesting the PillCam SB capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MR I device or amateur (ham) radio.
3. Occasionally, some images may be lost due to radio interference (e.g. from amateur radio transmitter, MRI, etc.). On rare occasions this may result in the need to repeat the SB Capsule Endoscopy examination. In this case, the physician will advise you to stay within the premises of the clinic during the SB capsule endoscopy to prevent this problem from recurring.
4. SB capsule endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder.
5. During SB capsule endoscopy, you will need to verify every 15 minutes that the small light on top of the DataRecorder is blinking twice per second. If, for some reason it stops blinking at this rate, record the time and contact your physician. You should also record the time and nature of any event such as eating, drinking, your activity and unusual sensations. Return the Event Form with these notes to your physician at the time you return the equipment.
6. Avoid any strenuous physical activity especially if it involves sweating and do not bend over or sloop during capsule endoscopy.

PLEASE BRING ONLY YOUR INSURANCE CARD TO THIS APPOINTMENT.

DO NOT BRING ANY VALUABLES TO YOUR APPOINTMENT. THE SCARSDALE MEDICAL GROUP IS NOT RESPONSIBLE FOR ANY LOST OR DAMAGED ITEMS.