

## Preparing for Your Capsule Endoscopy

### Please Read ALL Instructions Carefully

**On the day of your appointment, please bring your current insurance card and copayment.**

If you need to cancel your appointment, please contact the office (914-723-8100) 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 after-hours cancellation line.

### The Procedure: Capsule Endoscopy

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 attaches to a Walkman-like DataRecorder™ that saves all the images. It is located in the RecorderBelt™, worn around your waist. After twelve 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 is 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:

### **Please note:**

Please stop all Iron five days before your procedure

### **1 Day Prior to Your Procedure**

- After lunch the day before your procedure, start the liquid diet prescribed by your physician. From 8:00 p.m. the evening before your procedure, do not eat or drink anything. Take any necessary medications with a sip of water.
- Do not take any medication beginning two hours prior to your procedure.
- Abstain from smoking 24-hours prior to your procedure.
- **Do not eat or drink anything the day of the procedure.**

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### The Day of Your Procedure

- Dress in loose fitting, two-piece clothing. Arrive at your scheduled appointment time at 600 Mamaroneck Avenue, Suite 301 in Harrison.
- Leave credit cards, jewelry and other valuables at home. Scarsdale Medical Group is not responsible for any lost or damaged items.
- At your physician's office, you will have a pre-procedure interview and notified of any procedure risks. You will also need to sign an informed consent.
- We will apply the SensorArray to your abdomen with adhesive pads. It will connect to the DataRecorder worn as a belt around your waist. We will provide instructions on how to ingest the PillCam SB capsule.

### After PillCam SB Capsule Ingestion:

- Do not eat or drink anything for at least two hours. After four 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 your procedure.
- 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 MRI device or amateur (ham) radio.
- 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.
- The procedure lasts approximately twelve hours. Your physician will advise when the examination is complete. Do not disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder is actually a small computer, please treat it with utmost care and protection. Avoid sudden movement and banging of the DataRecorder.
- 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



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physician at the time you return the equipment.

- Avoid any strenuous physical activity especially if it involves sweating and do not bend or stoop over during capsule endoscopy.