

VIDEO CAPSULE ENDOSCOPY PREP INSTRUCTIONS

Your appointment is scheduled for: with an arrival time of 8:00am.

Please be sure to arrive on time.

Location: 168 Kinsley Street, Medical Arts West Building, 1st floor Suite 10, Nashua, NH

If you have any questions regarding your prep or appointment, **please call 603-578-9363.**

DRUG INTERACTIONS:

- Oral iron – hold for 7 days prior to procedure
- Carafate/Sucralfate – hold for 5 days prior to procedure
- Anticholinergics (ie. Benzyl, Levsil, Amitriptyline, Zantac, Librax) – hold for 5 days prior to procedure
- Antacids (ie. Maalox, Pepto-Bismol) – hold for 5 days prior to procedure
- Calcium Channel Blockers (ie. Norvasc/Amlodipine, Cardizem (Diltiazem), Procaria (Nifedipine), Verapamil) – hold day of the procedure if medically acceptable

PURCHASE:

- 1 bottle, 4.1 oz. (119 grams) of Miralax (Polyethylene Glycol 3350)
- 1 bottle of 32 oz. clear liquid (EXCEPT FOR RED COLORED LIQUIDS)

DAY BEFORE YOUR CAPSULE ENDOSCOPY:

1. You may eat your regular breakfast and lunch
2. **After lunch, you will begin a clear liquid diet (NO SOLID FOOD OR FULL LIQUIDS)**
 - Allowed clear liquids are: Strained fruit juice without pulp, water, clear broth and bouillon, tea/coffee without milk or cream, carbonated soft drinks, Gatorade, kool-aid, tang, Jell-o, or other fruit flavored drinks (NO RED COLORED FLAVORS), ice popcicles, honey, sugar, and clear hard candies
3. **5:00PM** – Mix the entire bottle of Miralax (Polyethylene Glycol 3350) prep into one 32 oz. container of chilled ALLOWED clear liquid, shake well. Drink slowly over 1-1 ½ hours.
4. Abstain from smoking 24 hours prior to procedure and the day of the procedure
5. Nothing by mouth after midnight

THE DAY OF YOUR CAPSULE ENDOSCOPY:

- Take nothing by mouth
- Do not take any medications beginning 2 hours prior to undergoing SB capsule endoscopy
- Arrive at the office in loose fitting clothing, two-piece clothing
- You will be checked-in and asked to sign your informed consent
- Wear 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
- Once equipment is applied, you will be instructed to swallow the PILLCam SB capsule

AFTER INGESTING THE PILL CAM SB CAPSULE:

- After ingesting the capsule, DO NOT eat or drink for at least 2 hours
- DO NOT LAY FLAT

- After 4 hours, you may have soup and crackers. Have a hearty soup that is broth based. No cream-based soups or stews. Continue to stay hydrated.
- Contact the office immediately should you suffer from any abdominal pain, nausea, or vomiting during SB capsule endoscopy
- Until pill is excreted, you should not be near any source of powerful electromagnetic fields, such as near an MRI device or amateur (ham) radio.
- This exam last approximately 8 hours. Do not disconnect the equipment or remove the belt at any time during this period. Avoid sudden movement or any banking of the Data Recorder.
- You will need to verify a few times an hour that the small light on top of the Data Recorder is blinking blue twice per second. If it should stop, you will need to contact the physician's office.
- Avoid any strenuous physical activity, especially if it involves sweating and do not bend over or stoop during the capsule endoscopy.

CAPSULE ENDOSCOPY: RISKS AND POTENTIAL COMPLICATIONS

Your physician has determined that as part of your medical evaluation you should undergo an examination known as a SB capsule endoscopy. This procedure involves ingesting a small (large vitamin size) PILLCam SB capsule, which will pass naturally through your digestive system while taking pictures of your intestines. The images are transmitted via bluetooth to a Walkman-like Data recorder which saves the images. You will wear a recorder and belt around your waist. After 8 hours, you will return to the office to have the recorder belt removed for processing. 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.

Occasionally, some images may be lost due to interference. On rare occasions, this may result in the need to repeat the study. Therefore, it is important to keep clear of electromagnetic fields. If you did not positively verify the excretion of the PillCam SB capsule from your body and you develop unexplained post procedure nausea, abdominal pain, or vomiting, contact your physician for evaluation and possible abdominal X-ray.

Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the excretion of the PILLCam SB capsule from your body, you should contact your physician for evaluation and possible abdominal X-ray exam before undergoing an MRI examination.

CAPSULE ENDOSCOPY: CONSENT

I understand and accept the risks and potential complications including but not limited to capsule retention, bowel obstruction, aspiration/choking, interference with implanted devices such as pacemakers, incomplete examinations, or missed lesions. I have been explained the benefits and possible alternative methods of treatment. No guaranteed or assurance has been given by anyone as to the results that may be obtained. I understand that I am responsible for the safe return of the Data Recorder belt in the appropriate allotted time for completion of the exam. I have had an opportunity to ask questions, and they have been answered to my satisfaction.