

**William S. Silver, MD & Eric L. Tatar, MD**

**Svetlana Korenfeld, MD**

2 Medical Park Dr, Ste 14

West Nyack NY 10994

845-362-3300

845-362-8001

**Patient Instructions for Pill Cam Small Bowel Capsule Endoscopy**

**Patient:** \_\_\_\_\_

**Examination Date:** \_\_\_\_\_

**To ensure the best results for your Pill Cam capsule endoscopy of the small bowel, follow your doctor's instructions carefully and completely.**

**Day Before Capsule Endoscopy**

1. Have a normal breakfast and lunch, **after 1:00pm** start the prescribed liquid diet.
2. **NO** solid foods allowed after 1:00 PM. **ONLY** clear liquids till 10:00 PM
3. At 8:00 PM drink at least 32 oz./1QT of water.
4. From 10:00 PM do not drink except for necessary medication with a sip of water.
5. At bedtime take 1 teaspoon of Mylicon liquid.

**Day of Capsule Endoscopy**

1. At 6:30 am take 1 teaspoon of Mylicon liquid. You are allowed to take Mylicon only.
2. Do not take any medication 2 hours before having the exam.
3. Do not apply body lotion or powder to your abdomen.
4. Wear loose fitting, two-piece clothing. Your upper clothing should be opaque, not sheer.
5. Arrive for your appointment at the schedule time: \_\_\_\_\_

**After Swallowing the Pill Cam SB Capsule**

**\*\*The capsule endoscopy will last approximately 8-9 hours. Contact your doctor's office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.**

1. You may drink colorless liquids starting 4 hours after swallowing the Pill Cam SB capsule.
2. You may have a light snack 4 hours after ingestion. After the examination is completed, you may return to your normal diet.
3. Check the blue flashing Data Recorder light every 15mins to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact your doctor.
4. Use the supplied Capsule Endoscopy Event Form, to note the time of any event such as eating, drinking or a change in your activity. Return the completed event form to your doctor at the time you return the equipment.
5. Do not disconnect the equipment or completely remove the belt at any time during the procedure.
6. Treat the Data Recorder carefully. Avoid sudden movements and banging of the Data Recorder.
7. Avoid direct exposure to bright sunlight.