



Pillcam Instructions

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

Day Before Capsule Endoscopy

- 1. Start the prescribed liquid diet after lunch. At 12 pm, start liquid lunch.**
You may have apple juice, white grapefruit juice, white cranberry juice, black coffee, or tea with sugar only, Jell-O (not red, purple, or blue (you may have orange)), clear broth, soda, clear vitamin water.
- 2. At 10pm the evening before your capsule endoscopy, you must stop drinking all liquids (including water).**
If you are diabetic and experience episodes of hypoglycemia, options to drink a small amount, would be white grapefruit juice, apple juice, coca cola, or ginger ale.

Day of Capsule Endoscopy

- 1. Do not take any medication 2 hours before your appointment.**
Take any medication you need by 5:00am with a sip of water only.
If you are a diabetic, please contact our office.
If you have a **pacemaker or ICD, please contact our office.**
- 2. Wear loose comfortable clothing,** such as a T-shirt that is long enough to reach at least to hip level and will not ride up above the belt line.

If you have any questions, or need to change your appointment, please contact the office at: 207-773-7964

Patient Instructions for PillCam Small Bowel Capsule Endoscopy, with the Sensor Belt

Swallowing the PillCam small bowel capsule

1. Swallow capsule with 8oz of water and take any additional AM medications needed.
2. A belt will be placed on you to wear for the day.

After Swallowing the PillCam small bowel capsule



Contact us at 207-773-7964 immediately if you suffer from any abdominal pain, nausea or vomiting.



Pillcam Instructions

- 1. You may drink colorless liquids starting every 2 hours** after swallowing the PillCam small bowel capsule.
- 2. You may have a light lunch 4 hours after ingestion.** After the examination is completed, you may return to your normal diet.
- 3. You may have a light snack 6 hours after ingestion.** After the examination is completed, you may return to your normal diet.
- 4. Do not do extreme exercising,** walking is ok.
- 5. Be sure the sensor belt is tight at the waist.** Do not attach anything to it.
- 6. Check the blue flashing PillCam recorder every 15 minutes** to be sure it is blinking twice per second. If it stops blinking or changing color, note the time and call us at: 207-773-7964 option 5.
- 7. Avoid strong electromagnetic fields** such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement and for 30 days.
- 8. Do not disconnect the equipment or completely remove the PillCam recorder** at any time while you are wearing it.
- 9. Treat the PillCam recorder carefully.** Avoid sudden movements and banging of the recorder.

After Completing the Small Bowel Capsule Endoscopy

- 1. Return to our office at 4:15pm to have the equipment removed.**
- Your results will be given to you by the physician ordering the test. This will take approximately ten (10) business days from the time of your appointment. Your primary care provider (PCP) will also be receiving a copy of your report.



If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, please contact us at: 207-773-7964 option 3.



Undergoing an MRI while the PillCAM capsule is inside your body may result in damage to your intestinal tract or abdominal cavity. If you are not certain the capsule is out of your body, please contact us at: 207-773-7964 option 3 for evaluation and possible abdominal X-ray before undergoing an MRI examination.