

William F. Erber, M.D., P.C.  
Gastroenterology and Endoscopy  
Diseases of the Digestive Tract, Liver and Pancreas  
Board Certified

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## Instructions for Capsule Endoscopy

Appointment Day _____	Date _____	Time _____
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### General Instructions Prior to and During Your Exam

- **Do not take, aspirin, anti-inflammatory medicines (NSAIDs such as Motrin®, Advil®, etc.), or Iron products for one week prior to the Exam.**
- Capsule Endoscopy is **contraindicated** in patients with known or suspected bowel obstruction, patients who have a **pacemaker** or other implanted electromagnetic devices, and patients suffering from swallowing disorders.
- You will have to remain on an empty stomach for about 2 & ½ hours after swallowing the capsule. You may eat a light meal about 4 & ½ hours after swallowing the capsule.
- The exam will take **8-hours**. You will have to wear the belt for 8-hours and return it to the office to have the belt removed.
- **Do not have an MRI** during your capsule procedure.

### One Day Before Capsule Endoscopy

- Abstain from smoking 24 hours prior to undergoing capsule endoscopy.
- You may have a **light lunch** at around noon, the day before your exam.
- After lunch, maintain a **CLEAR** liquid diet (i.e. water, broth, apple juice, tea no milk). **Do not eat anything RED.**
- After 10 P.M. do not eat or drink anything.
- Medications can be taken with a small amount of water in the evening.
- Take 5mg Reglan in the evening (if instructed to do so).

### Day of Capsule Endoscopy

- Do not take any medication the morning before your exam. Do not chew any gum or eat any type of candy. Take 5mg Reglan at 7am (if instructed to do so).
- Please dress in loose fitting, two-piece clothing. Please do not wear pants with a zipper or belts on your pants.
- You will be fitted with a belt (sensor belt) around your waist (over your clothing) and the data recorder will be placed in a pouch that you will wear for 8-hours.
- After that you will be instructed to ingest the PillCam™.

### INSTRUCTIONS ARE CONTINUED ON THE NEXT PAGE After Ingesting the PillCam™ and During the Exam

- Do not eat or drink anything for at least **2 & ½ hours**. After about 2 & ½ hours, you may drink clear liquids (i.e. water, apple juice, light tea) and can take medications. **Do not drink milk** or any other liquid that you cannot see through.

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- After about **4 & ½ hours** you may have a light lunch.
- After the exam is completed, you may resume your normal diet.
- Contact our office immediately if you suffer from any abdominal pain, nausea, or vomiting during the exam.
- After ingesting the PillCam™ and up until it is excreted, you should **avoid any source of powerful electromagnetic fields such as one created by an MRI or amateur (ham) radio.**
- Your exam will last **8-hours**. Do not disconnect the equipment or remove the belt at any time during this period. Since the Data Recorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the Data Recorder.
- Please record the time and nature of any event such as eating, drinking, your activity, and unusual sensations.
- Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during the exam.
- Should you move your bowels during the day, record the time on the event form. Check the recorder to see if the blinking light slows. Also check the toilet for the capsule.

#### **After Completing the Exam**

- Please **return to the office 8-hours** later, as instructed with your event form.
- The Belt and Data recorder will be removed.
- It is important to verify capsule excretion. Please look in the toilet for the capsule.
- If you did not positively verify the excretion of the capsule from your body, and you develop unexplained post procedure nausea, abdominal pain or vomiting, contact our office immediately.
- **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™ from your body, you should contact our office for evaluation and possible abdominal X-ray before undergoing an MRI examination.**