



## Treasure Coast GI

### Pill Capsule Endoscopy - Patient information

PillCam Capsule Endoscopy is an endoscopic examination of the lining of your small intestine that is unreachable by standard upper endoscopy or colonoscopy. This camera has its own light source and takes pictures of your small intestine as it passes through. These pictures are sent to a small recording device (receiver) that you have to wear on your body for 8 hours. At the end of the procedure you will return to the office and the data recorder is removed so that the images of your small bowel can be put on a computer for physician review. The procedure is painless. You do not need to stop blood thinning medications. You will not need a driver as there is no sedation for the procedure. The capsule will be excreted naturally during a bowel movement.

Five days prior to the procedure: Stop any **Iron supplements** and fish oil.

The day before the procedure:

- After lunch on the day before the procedure, start a clear liquid diet (jellos, juices, popsicles and broth). **Nothing red or purple**. No solids or milk products.
- At 8pm the night before the procedure take 2 dulcolax laxative tablets.
- Do not eat or drink after midnight on the day before the procedure.

The day of the procedure:

- Take any important medications 2 hours prior to your procedure or postpone it 4 hours after swallowing the pill. This will ensure that the capsule's transit down the small bowel will be free of visual interference.
- Arrive at the office at **8am**.
- After ingesting the capsule you may start clear liquids after **2 hours**.
- After **4 hours** you may have a light meal.
- If you have any unusual abdominal pain, bloating, nausea or vomiting call the office immediately (772-777-2575).
- Come back to the office at **4pm** to have your monitor taken off.

Two weeks from the procedure: Your doctor generally can tell you the test results within the week following the procedure; however, the results of some tests might take longer. If you have not heard from the office within 2 weeks please contact the office (772-777-2575).

Restrictions: No magnetic fields, airport security or MRIs. No strenuous physical activity or exercise. Computer and cell phones are ok.