

CONTACT

*your doctor's office
immediately if*



You suffer from any abdominal pain,
nausea or vomiting during the procedure.

The Pillcam Recorder's light
stops flashing blue.

AFTER completing the procedure

- Return the data recorder to the clinic
the following morning.
- Ensure you have a follow-up appointment
to discuss your results.

*If you are uncertain whether the capsule is out of
your body, contact the clinic for evaluation and
possible abdominal x-ray.*

PLEASE NOTE: Undergoing an MRI while the
Pillcam is inside your body may result in damage
to the intestinal tract.



COASTAL
DIGESTIVE
HEALTH

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PROCEDURE DATE

WHAT IS a capsule endoscopy?

Capsule endoscopy is an effective procedure to visualise the small bowel. It is non invasive and requires no sedation.

The procedure involves swallowing a capsule (the size of a large vitamin pill), which travels naturally through the digestive tract and is then excreted. As the capsule passes through the digestive tract, images are captured and sent wirelessly to a recording device where they are stored. During this procedure you will wear a sensor belt and a recording device, whilst going about your daily life.

Upon returning the recording device to the clinic, the images will be downloaded from the recorder for the doctor to review.

It is imperative that you follow the preparation instructions carefully. Poor preparation will mean that the procedure will have to be repeated another day.

POTENTIAL side effects

Capsule endoscopy is a well-tolerated and safe procedure and side effects are rare. The main risk is capsule retention, which is estimated to occur in fewer than 0.75% of cases. In the rare instance this occurs, further medical treatment may be required. Please discuss any concerns with your Physician.

MEDICAL history

Patient should stop taking iron supplements one week before the procedure. Inform your doctor if you have a pacemaker or an electromagnetic device or any previous abdominal surgery.

DAY before procedure

Normal Lunch You can have a normal meal around noon. After lunch stop all solids and follow a clear liquid diet as shown below.



FLUIDS TO DRINK

Clear apple juice
Water
Carbonated or non carbonated soft drinks (no cola or dark drinks)
Water ice blocks (pale)
Pale sports drinks (not dark or red)
Lemon jelly

FLUIDS TO AVOID

Milk or dairy products
Yoghurt
Black tea
Coffee
Cola drinks
Red or purple drinks

5pm Drink GlycoPrepC solution (1 litre) within 1 hour

11pm Stop drinking. A sip of water is allowed to take any necessary medication.

DAY of procedure



Do not take any medication 2 hours before having the exam.

Wear Comfortable, loose fitting clothing, made of natural fibre. DO NOT apply lotions or perfumes.

Bring an additional T-shirt to wear over the SensorBelt.

Arrange Transport You are unable to drive a motor vehicle for the duration of your study. Please ensure you have someone to transport you home.

AFTER swallowing the capsule

- Please ensure the **SensorBelt remains tight at the waist**. Do not attach anything to it.
- **2 hours after ingestion of the capsule** you may start to drink clear fluids.
- **4 hours after ingestion of the capsule** you may have a light lunch eg. sandwich. You can resume a normal diet after 8 hours.
- **Avoid strong electromagnetic fields** such as MRI devices after swallowing the capsule and until you pass it in a bowel movement.
- **Do not disconnect the equipment or completely remove the DataRecorder** at any time during the procedure.
- **Treat the DataRecorder carefully**. Avoid banging the DataRecorder, or getting it wet.
- **Keep active**, upright and walking to assist the capsule through the stomach, small bowel and into the colon.