



**PATIENT INSTRUCTIONS FOR PILLCAM®
SMALL BOWEL CAPSULE ENDOSCOPY WITH THE SENSOR BELT**

Patients will need to purchase 1 x packet (contains 2 x sachets) of PicoPrep over the counter at the pharmacy.

Day Before Capsule Endoscopy

1. Start the prescribed clear fluid diet after lunch, making sure you have at least 1 glass each waking hour to prevent dehydration. Clear fluids, which includes clear salty fluids (eg. Strained chicken noodle soup), black tea or coffee (without milk), sports drinks, Gastrolyte, lemonade, clear fruit cordials and jelly (clear lemon/lime – no red / purple colourings)
2. At approximately 1pm and 4pm empty the entire contents of 1 sachet of PicoPrep in 250ml of warm water (1 glass). You may chill in the refrigerator prior to drinking if preferred. Drink the entire contents of the glass, followed by a glass of water.
3. Do not eat or drink from 11pm.

Day of the Capsule Endoscopy

1. Take morning medication at 7am with a sip of water
2. Wear upper garment of thin cotton such as a singlet or T-shirt that is long enough to reach at least hip level and will not ride up above the belt.
3. Arrive for your appointment at the scheduled time

After swallowing the PillCam® SB Capsule

1. You may drink colourless liquids starting 2 hours after swallowing the PillCam® SB Capsule. Lemonade or apple juice suggested as you will be feeling a bit weak from fasting.
2. You may have a light meal 4 hours after ingestion. After examination is completed, you may return to your normal diet.
3. Be sure the SensorBelt is tight at the waist – Do not attach anything to it.
4. Check the blue flashing DataRecorder light every 15 minutes to be sure it is blinking twice per second. If it stops blinking or changes colour, note the time and contact Mogo Day Surgery.
5. Return to Mogo Day Surgery at 4:15pm for removal of SensorBelt and battery pack.
6. Do not disconnect the equipment or completely remove the DataRecorder at any time during the procedure.
7. Treat the DataRecorder carefully – Avoid sudden movements and banging of the DataRecorder.
8. Make a follow up appointment with Dr Singh to receive your results

CAUTION

1. *If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact Mogo Day Surgery.*
2. *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, contact Mogo Day Surgery for evaluation and possible X-Ray before undergoing an MRI examination*