

TRINITY MEDICAL MULTI-SPECIALTY GROUP

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PILLCAM (CAPSULE ENDOSCOPY) PREP INSTRUCTIONS

ITEMS TO PURCHASE OVER THE COUNTER (NO PRESCRIPTION REQUIRED)

1. One 238-gram bottle of MiraLAX powder (you will use only 119 grams).
2. One 32-ounce bottle of Gatorade. Do not use red, purple, or blue dyes.
3. Over-the-counter Gas-X pills.

3 DAYS BEFORE YOUR PILLCAM PROCEDURE

1. Avoid corn, nuts, popcorn, food with seeds, and large amounts of red meat.
2. Drink plenty of liquids to stay well hydrated. This may help you tolerate the PillCam preparation.

THE DAY BEFORE YOUR PILLCAM PROCEDURE

1. Do not drink any alcohol.
2. Do not smoke 24 hours before the procedure.
3. Eat a light breakfast, then follow a clear-liquid diet for the rest of the day. See the approved list below.
4. At 8:00 p.m., mix HALF of the MiraLAX bottle (119 grams, approximately 7 scoops) into 32 ounces of Gatorade. Shake until dissolved.

Drink 8 ounces (one glass) every 15 minutes until finished.

5. You may drink water until 10:00 p.m. the night before your procedure.
6. After finishing the solution, do not eat or drink anything except necessary medication with a sip of water.

THE DAY OF CAPSULE ENDOSCOPY

1. Do not take medication for 2 hours before the exam, unless your clinician has given you different instructions.

2. Wear a thin, natural-fiber top, such as a T-shirt, long enough to reach at least hip level and that will not ride up above the belt.
3. Arrive at your scheduled appointment time: _____.
4. Swallow 3 Gas-X pills with a sip of water 30 minutes before your appointment.

AFTER SWALLOWING THE PILLCAM

1. You may drink clear liquids starting 2 hours after swallowing the PillCam SB capsule.
2. You may have full liquids (such as broth, coffee, orange juice, and opaque drinks) 4 hours after swallowing the capsule.
3. You may have a light snack 6 hours after swallowing the capsule.
4. Keep the sensor belt tight at your waist. Do not attach anything to it.
5. Check the blue flashing PillCam recorder every 15 minutes. It should blink twice per second. If it stops blinking or changes color, note the time and contact your doctor.
6. Avoid strong electromagnetic fields, such as MRI devices or ham radios, after swallowing the capsule until you pass it in a bowel movement.
7. Do not disconnect the equipment or completely remove the PillCam recorder after swallowing the capsule.
8. Handle the recorder carefully. Avoid sudden movements and banging it.
9. Return the vest and PillCam recorder to the office after 12 hours. At that point, you may resume your normal diet.

CLEAR-LIQUID DIET

Beverages: Coffee (no cream), tea, 7UP/Sprite/Ginger Ale, apple juice, white grape juice, lemon-lime Gatorade, Crystal Light, lemonade.

Soups: Bouillon, fat-free chicken broth, clear broth.

Sweets and desserts: Honey, sugar, green/yellow/white popsicles, butterscotch candy, hard candy (green, yellow, or clear), Jolly Ranchers (green, yellow, or clear), and plain Jell-O (lemon-lime or pineapple, no chunks).

CLEAR LIQUIDS ONLY — NO SOLID FOODS — NO RED, PURPLE, OR BLUE DYES

Deviating from this diet may prevent adequate preparation and could mean the procedure must be repeated at a later date.

EQUIPMENT RETURN: Return to the doctor's office on the next business day. Failure to return the equipment due to loss or damage will result in **\$1,000.00** fee for the replacement of the equipment.