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PROCEDURE DATE: _____

LIDDC: SMALL BOWEL CAPSULE ENDOSCOPY **INSTRUCTIONS**

Your physician has determined that as a part of your medical evaluation that you should undergo an examination known as a Small Bowel (SB) capsule endoscopy. This procedure involves ingesting a small (size of a large vitamin) PillCam™ SB capsule which will pass naturally through your digestive system while taking pictures of the intestine.

The images are transmitted to the SensorArray™ which is placed on your abdomen. The SensorArray™ is attached to a Walkman-like DataRecorder™ which saves all the images. It's located in the RecorderBelt™ which is worn around your waist.

After 8 hours, you will return to the office to have the RecorderBelt™ removed. The PillCam™ SB capsule is disposable and will be excreted naturally in a bowel movement. In the rare case that it is not excreted naturally, it may need to be removed endoscopically or surgically. For your physician to get the most accurate information from this examination, you will need to follow the instructions below.

A. ONE WEEK BEFORE YOUR CAPSULE ENDOSCOPY:

1. Do not take iron or iron-containing compounds the week prior to your capsule

Do not take ANY GLP 1 agonist that is dosed on a weekly basis within 7 days before your procedure. Failure to comply will result in your procedure being cancelled. The GLP 1 agonists include the following: Mounjaro, Zepbound, Ozempic, Wegovy, Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adylyxin and Semaglutide. If you are taking an oral GLP 1 agonist (ex. Semaglutide pill), do not take it on the day of your procedure!

INSTRUCTIONS CONTINUE ON REVERSE SIDE

B. THE DAY BEFORE YOUR CAPSULE: NO SOLID FOOD AFTER 3PM!

1. **Do not have any solid food for dinner the evening before your capsule**
2. **Please only ingest clear liquids after 3pm.** You **cannot** have orange juice or other liquids you cannot see through
3. **Clear liquids include:**
 - i. Strained fruit juices without pulp (ex. apple juice, white grape or lemonade)
 - ii. Water
 - iii. Clear broth or bouillon
 - iv. Black coffee or tea (sugar/sweetener is allowed, NO milk/creamer)
 - v. The following are allowed so long as they are **NOT red or purple:**
 - Kool-Aid, Crystal Light or other fruit flavored drinks
 - Gatorade or Snapple
 - Carbonated/non-carbonated soft drinks\
 - Jello (preferably clear or yellow, **no** fruit pieces or toppings)
 - Ice popsicles
4. **At 5pm,** mix the 8.3oz (238g) bottle of MiraLAX or 225g of Polyethylene glycol in 64oz. of Gatorade or Crystal Light beverage (**NOT red or purple**). Shake the solution until the MiraLAX has dissolved.
 - i. **Drink 8oz. every 10-15 minutes** until you have finished the entire solution. Continue clear liquids until bedtime. Remain close to toilet facilities.
5. Abstain from smoking for 24 hours prior to undergoing SB capsule endoscopy

C. THE DAY OF YOUR CAPSULE: DO NOT EAT ANY FOOD!

1. Arrive at our office at the prescribed time for your SB capsule endoscopy dressed in a loose-fitting, two-piece outfit. Please wear a cotton T-shirt underneath your clothing
2. At our office, you will have a pre-procedure interview. During this interview you will be informed that while its rare, the capsule may get stuck in the small intestines during the SB capsule endoscopy and occasionally needs to be removed endoscopically or surgically. You will be checked-in and asked to give your informed consent.
3. You will be given a DataRecorder™ monitor to wear. After that, you will be instructed to ingest the PillCam™ SB capsule.

D. AFTER INGESTING THE PillCam™ SB CAPSULE:

1. **Do not eat or drink for at least 4 hours.** After 4 hours have passed, you may have a light snack. After the examination is completed, you may return to your normal diet. Contact the office at 631-751-8700 ***immediately*** if you suffer from any abdominal pain, nausea, or vomiting during your SB capsule endoscopy
2. After ingesting the PillCam™ SB capsule and until its excreted, you should not be near any source of powerful electromagnetic fields such as those created near an amateur (ham) radio or an MRI device.
3. Occasionally, some images may be lost due to radio interference (ex. from an amateur radio transmitter, MRI, etc). On rare occasions this may result in the need to repeat the SB capsule endoscopy examination
4. SB capsule endoscopy lasts approximately 8 hours. Do not disconnect the equipment at any time during this period.
 - i. Since the DataRecorder™ is a small computer, it should be treated with the utmost care and protection. Avoid sudden movement and banging of the DataRecorder™.
5. During the SB capsule endoscopy, you will need to verify every 15 minutes that the small light on the top of the DataRecorder™ is blinking twice per second. If for some reason it stop blinking at this rate, record the time and contact our office.
 - i. You should also record the time and nature of any events such as eating, drinking, your activity and unusual sensations.
 - ii. Return the Event Form with these notes to our office at the time your return the equipment
6. Avoid any strenuous physical activity if it involves sweating and do not bend over or stoop down during SB capsule endoscopy.