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PATIENT INSTRUCTIONS FOR
'PillCam' Small bowel Capsule endoscopy

Patient • _____ File No.

Examination Date • _____ Time •

FEES: \$150.00 out of pocket facility fee, paid on day of appointment.

DAY BEFORE CAPSULE ENDOSCOPY:

1. Light breakfast — 2 slices of toast (white bread) with vegemite or Honey. Approved clear fluids.
2. Light lunch — Sandwich (white bread) with ham, chicken or eggs. Approved clear fluids.
3. No more solid food after 1pm, only Approved Clear Fluids.
4. Do not eat or drink after 9.00 pm night before PillCam

DAY OF CAPSULE ENDOSCOPY:

1. Do not take any medications — 2 hours before having the exam. You can take your medications 2hrs after swallowing the capsule when you commence clear fluids.
2. Please wear a cotton singlet or T-shirt.

Approved Clear Fluids: Water, Apple Juice, Jelly (no red, green or purple colours), Black tea, Clear broth, Clear Cordials, Lemonade. NO Coke or Coffee.

After Swallowing the PillCam SB Capsule:

The capsule endoscopy procedure will last approximately 8-9 hours. Contact your doctor's office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.

1. You may drink colourless liquids starting 2 hours after swallowing the PillCam SB capsule.
2. You may have a light snack 4 hours after ingestion (eg light meal, sandwich). After examination is completed, you may return to your normal diet.
3. Check the blue flashing Data Recorder 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 your doctor.
4. Avoid strong electromagnetic fields such as MRI devices or hand radios after swallowing the capsule and until you pass it in a bowel movement.
5. Do not disconnect the equipment or completely remove the belt at any time during the procedure.
6. Treat the Data Recorder carefully. Avoid sudden movements and banging of the Data Recorder
7. Avoid direct exposure to bright sunlight.

After Completing PillCam SB Capsule endoscopy:

If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting contact your doctor for evaluation-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 your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.