

## **Patient Instructions for Undergoing Small Bowel Capsule Endoscopy**

This procedure involves ingesting a small (the size of a large vitamin pill) PillCam SB capsule that 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 Data Recorder that saves all the images. It is located in the RecorderBelt, which is worn around your waist. After 8 hours, you return to your physician's office for the removal of the equipment and to begin processing. The PillCam SB capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it does not excrete naturally, it will need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:

### **THE DAY BEFORE THE CAPSULE ENDOSCOPY**

1. After lunch on the day before the SB capsule endoscopy examination, start the liquid diet your physician prescribed. From 10 p.m. the evening before the SB capsule endoscopy, do not eat or drink except for necessary medication with a sip of water.
2. Do not take any medication beginning 2 hours before the capsule endoscopy.
3. Abstain from smoking 24 hours prior to the capsule endoscopy.
4. Male patients should shave their abdomen 6 inches above and below the navel on the day of the examination. If it is difficult for you to shave your abdomen, please contact your physician's office to arrange to have this done in advance.

### **DAY OF CAPSULE ENDOSCOPY**

1. Arrive at your physician's office at the scheduled time for your capsule endoscopy dressed in loose fitting, two-piece clothing.
2. At your physician's office, you will have a pre-procedure interview. During this interview you should be informed that SB capsule endoscopy is associated with a small chance of intestinal obstruction. You will be checked-in and asked to give your informed consent.
3. The SensorArray will be applied to your abdomen with adhesive pads and will be connected to the DataRecorder that you will wear in a belt around your waist. After that you will be instructed to ingest the PillCam SB capsule.

### **AFTER INGESTING THE PILLCAM SB CAPSULE**

1. After ingesting the PillCam SB capsule, do not eat or drink for at least 2 hours. After 4 hours you may have a light snack. After the examination is completed, you may return to your normal diet. The above instructions related to eating apply, unless your physician specifies otherwise. Contact your physician immediately if you suffer from an abdominal pain, nausea, or vomiting during the SB capsule endoscopy.
2. After ingesting the PillCam SB capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur radio.
3. Occasionally, some images may be lost due to radio interference (e.g. from amateur radio transmitter, MRI, etc.). On rare occasions this may result in the need to repeat the SB Capsule Endoscopy examination. In this case, the physician will advise you to stay within the premises of the clinic during the SB capsule endoscopy to prevent this problem from recurring.
4. SB capsule endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder.

5. During SB capsule endoscopy, you will need to verify every 15 minutes that the small light on top of the DataRecorder is blinking twice per second. If, for some reason it stops blinking at this rate, record the time and contact your physician. You should also record the time and nature of any event such as eating, drinking, your activity, and unusual sensations. Return the Event Form with these notes to your physician at the time you return for the removal of the equipment.
6. Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during capsule endoscopy.

**AFTER COMPLETING SB CAPSULE ENDOSCOPY**

- If you did not positive verify the excretion of the PillCam SB capsule from your body, and you develop unexplained post procedure nausea, abdominal pain, or vomiting, contact your physician for evaluation and possible abdominal X-ray examination.
- Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the excretion of the PillCam SB capsule from your body, you should contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.

| <b>SB Capsule Endoscopy Event Form</b> |   |
|--|---|
| <b>Patient Name:</b>                   |   |
| <b>ID Number:</b>                      |   |
| <b>Time</b>                            | <b>Event (eating, drinking, activity, and unusual sensations)</b> |
|  | PillCam SB capsule ingestion                                      |
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| <b>Who to call in case of need:</b> | <b>Time to return to facility:</b> |
|                                     | <b>Special Instructions:</b>       |
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