

404.255.4333

## PATIENT INSTRUCTIONS FOR SB CAPSULE ENDOSCOPY

Your physician has determined that as part of your medical evaluation you should undergo an examination known as small bowel (SB) Capsule Endoscopy. The procedure involves ingesting a small capsule (the size of a large vitamin pill) which will pass naturally through your digestive system while taking pictures of the intestine. After approximately 8 hours, you will return to our office to have the RecorderBelt removed. The actual capsule is **disposable** and will be excreted naturally in a bowel movement. In very rare cases it will not be excreted naturally; in this case it **will** need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this examination please carefully follow the directions below.

***Prior to the day before your exam go to your local pharmacy and purchase Miralax (or generic equivalent).***

### ***The day before the capsule endoscopy***

- Abstain from smoking 24 hours prior to undergoing your capsule endoscopy.
- After lunch (12-1 pm) on the day before the SB capsule exam start a clear liquid diet.
- In the evening around 8 pm, mix one dose/capful (17gm) of Miralax with 8oz of water and drink it.

### ***The day of your capsule endoscopy***

- ***Do not eat or drink after midnight***
- DO NOT TAKE ANY MEDICATION 2 hours before your exam
- Wear loose fitting, two-piece(pants and a shirt), **cotton** clothing to the exam.
- If you prefer to wear the belt under your shirt then you will need to also wear a **cotton** undershirt or tank top.
- ***Arrive at Metro Atlanta Gastroenterology @ 8AM***

*After ingesting the capsule*

- Do not eat for 6 hours
- You may drink clear liquids 4 hours after ingestion
- Call 404.255.4333 if you experience abdominal pain, nausea or vomiting.
- Do not go near any strong electromagnetic fields(such as a MRI or radio transmitter)
- Do not ***disconnect, remove, or reposition*** the equipment
- Avoid sudden movement and banging of the DataRecorder.

*After ingesting the capsule(continued)*

- Please check your recorder every fifteen minutes to insure that the small blue light on top of the recorder is blinking twice per second. If it is not, record the time and please call our office.
- Please record time and nature of any event such as eating, drinking, and any activity which produces unusual sensations.
- Avoid strenuous physical activity, perspiring and ***DO NOT BEND OR STOOP*** during your exam.
- ***Return to Metro Atlanta Gastroenterology @ 4:00 PM***