

## INSTRUCTIONS FOR CAPSULE ENTEROSCOPY

**Boise Endoscopy Center 425 W. Bannock Street Boise, ID 83702 (208)342-7169**

1. Please check with your insurance company regarding precertification.
2. **If you have a pacemaker, internal defibrillator, or other implanted medical device, please let us know before you start your preparation for the capsule.**
3. If you have any swallowing difficulties, please let us know.
4. If you are taking an iron supplement, please stop 5 days prior to your exam.
5. The capsule endoscopy procedure will last approximately 8-9 hours.

### Day before Procedure:

1. You may eat a normal breakfast followed by a clear liquid diet the rest of the day. Please avoid red liquids. Some examples of clear liquids are apple juice, soda, coffee, tea, beef or chicken broth, Jell-O, Gatorade or plain water. Please do not eat any solid food after breakfast.
2. Nothing by mouth including water and medication after midnight, the night prior to your exam.

### Day of Procedure:

1. Nothing by mouth (liquid or food)
2. Wear 2 piece loose-fitting clothing made of thin natural fabric (i.e. cotton T-shirt) no one-piece outfits or dresses. NO tops made of synthetic fabric including spandex.
3. Check in at Boise Endoscopy Center on \_\_\_\_\_ at 7:15am
4. You will be allowed to have water & medications only 4 hours **AFTER** ingesting capsule. (12:00p.m.)
5. You may eat a regular lunch at 2:00.
6. Return to Boise Endoscopy Center later in the day to have capsule equipment removed, usually around 3:30 p.m.

### **After Swallowing the PillCam SB Capsule**

1. Be careful not to disconnect the system as this may result in premature termination of the procedure. **Be sure the SensorBelt is tight at the waist.** Do not attach anything to it.
2. **Check the blue flashing Datarecorder light every 15 minutes** to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and call the Endoscopy Center at 342-7169.
  1. Do not get the system wet; no bathing or sponge baths.
  2. Avoid vigorous physical activity such as running or jumping during the study.
  3. Avoid being around MRI equipment, amateur (ham) radio, or other strong electromagnetic equipment until capsule is expelled, usually about 3 days. The capsule may be flushed down the toilet.
  4. Normally, the capsule is expelled in the feces. It is safe to flush the capsule down the toilet. If you are concerned that you have not passed the capsule within 3-7 days or have symptoms of obstruction such as vomiting, please contact our office.