425 W. Bannock • Boise, Idaho 83702
2235 E. Gala • Meridian, Idaho 83642
1200 Garrity • Nampa, Idaho 83687
1216 Garrity • Nampa, Idaho 83687
875 S Vanguard Ste 300•Meridian, Idaho 83642
875 S Vanguard Ste 310 • Meridian, Idaho 83642

IDAHO GASTROENTEROLOGY ASSOCIATES, LLP

Phone: 208.343.6458
Fax: 208.343.5031
Web: IdahoGastro.com
Portal: https://idahogastro.mygportal.com/

VIDEO CAPSULE ENDOSCOPY
PREPARATION INSTRUCTIONS

PREPARATION FOR PROCEDURE

If you answer yes to the following questions, a nurse will reach out to you prior to procedure.

- **Do you have trouble swallowing?**
- **Do you have a pacemaker, internal defibrillator, or other implanted medical device?**
- **Do you have an allergy or skin sensitivity to adhesive or medical tape?**
- **Are you taking an oral iron supplement?**

- **Plan on being at the Boise Center for a 30-minute appointment. You will return the device next business day.**

FIVE DAYS PRIOR TO YOUR PROCEDURE

- **STOP TAKING ORAL IRON SUPPLEMENTS**

ONE DAY PRIOR TO YOUR PROCEDURE

- You may eat a normal breakfast completed by 10 AM followed by a clear liquid diet the rest of the day. **Please do not eat any solid food after 10 AM.**
- Avoid red liquids. Some examples of clear liquids are apple juice, soda, coffee, tea, beef or chicken broth, Jell-O, Gatorade, or plain water.
- Do not apply any lotion to your abdominal skin 24 hours before appointment time.
- Nothing by mouth including water and medication after midnight, the night prior to your exam.

THE DAY OF THE PROCEDURE

- **NOTHING BY MOUTH (LIQUID OR FOOD) AFTER MIDNIGHT**
- Do not apply lip balm or lipstick before appointment
- Wear 2-piece loose-fitting clothing made of thin natural fabric (i.e., cotton T-shirt) No one-piece outfits, dresses, or belts. **Please leave jewelry and necklaces at home.**
- You will be allowed to have water & medications 4 hours after ingesting capsule.
- You may eat a small lunch or snack 6 hours after ingesting capsule
- You may eat a regular meal 8 hours after ingesting capsule.
- You may remove the monitor when the device indicates exam is complete or 12 hours after ingesting the pill cam.
- Return the removed device to IGA next business day.

After Swallowing the PillCam SB Capsule

- Be sure the linked device remains securely attached to your abdomen. This may result in premature termination of the procedure.
- **Check the data recorder light every 15 minutes** to be sure it is on. If it stops blinking, note the time and call the Endoscopy Center at (208) 342-7169.
- Do not get the system wet, no bathing or sponge baths.
- Avoid vigorous physical activity such as running, jumping, sweating or bending during the study.
- 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.
- 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.

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Appointment Time: _____ _____

Appointment Location: Check in at Boise Endoscopy Center – 425 W Bannock St., Boise, ID, 83702 – (208) 342-7169

Please return device to one of these locations:

Meridian Endoscopy Center	**(208) 695-2100**
2235 E Gala St. Meridian, ID 83642	
Boise Endoscopy Center	**(208) 342-7169**
425 W Bannock St. Boise, ID 83713	
Canyon County Endoscopy Center	**(208) 954-8218**
1216 Garrity Blvd, Nampa, ID 83687	
Ten Mile Endoscopy Center	**(208) 565-5035**
875 S Vanguard STE 300, Meridian, ID 83642	
After Hours	**(208) 343-6458**

- **We cannot be responsible for your valuables *(watches or various jewelry items)*. Please leave them at home.**
- **Bring all insurance cards and a photo ID with you. Please check with your insurance company regarding prior-authorization.**
- **Fee for services is required at time of check-in. Please be prepared to make a payment.**
- **IGA recognizes that your time is valuable, and so is ours. If you need to cancel or reschedule an appointment, please do so more than 48 business hours prior to your scheduled appointment arrival time at 208-343-6458. Late cancellations and no shows may be assessed a $200 fee.**