



Marietta Memorial Hospital Department of Gastroenterology
Juan Tejada, MD | Ben Scheinfeld, MD | Basile Njei, MD
Shelley Day, NP | Rosa Nardo, PA | Ashley Moore, NP | Ashley Wiggers, NP
400 Matthew Street, Suite 201 Marietta, OH 45750 | (740) 568-4590 | Fax (740) 568-4592
799 Farson Street, Suite 212 Belpre, OH 45714

PillCam Small Bowel Capsule Endoscopy Prep

You will need: 1-Bisacodyl 5mg tablet, 4oz of Miralax powder, 4 Simethicone tablets (found over the counter)

IF ON IRON-HOLD 3 DAYS PRIOR TO TEST

1 Day Before Capsule Endoscopy

- Begin a clear, liquid diet** (i.e clear soup broth, lemon/lime Jell-O, water, coffee, tea, Sprite, Ginger-Ale, apple juice/white grape juice). Avoid liquids with red, orange, blue, or purple food coloring as well as milk, alcohol, and solid foods.
- Drink at least 8 glasses of water** during the day to avoid dehydration.
- 5PM:** Take one Bisacodyl 5mg tablet.
- 6PM:** Mix 4 oz of Miralax with 32 oz of Gatorade or any clear liquid, drink a glass every 15 minutes until gone.
- Nothing by mouth 10 hours prior to Capsule Endoscopy.**

Day of Capsule Endoscopy

- Do not take any medication 2 hours prior to the exam.**
- Do not apply any lotion or powder to your abdominal area.**
- Wear upper garment of thin, natural fiber** (T-shirt that is long enough to reach hip level that will not ride up above belt).
- Arrive for your appointment at the scheduled time.**
- Take 2 Simethicone tablets 1 hour prior to PillCam**
- Take 2 Simethicone tablets after swallowing PillCam.**

After Swallowing the PillCam SB Capsule (Procedure lasts 8-9 hours)

Contact your doctor's office immediately if you suffer from any abdominal pain, nausea, or vomiting after your procedure.

- You may drink colorless liquids starting 2 hours after swallowing PillCam capsule.
- You may have a light snack 6 hours after ingestion (ex: soup or sandwich)
- After the examination is completed, you may return to your normal diet.
- Be sure the sensor belt is tight at the waist (do not attach anything to it).



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- Check the blue flashing PillCam recorder every 15 minutes to be sure it is blinking twice per second. Notify your doctor if the blinking stops or changes color, (please note time of this change).
- Use the supplied 'Capsule Endoscopy Even Form' to note time of any event such as: eating, drinking, or a change in your activity. Return the completed event form at the time you return equipment.
- Avoid strong electromagnetic fields such as MRI devices or ham radios after swallowing the capsule until you have passed it in a bowel movement.
- Do not disconnect the equipment or completely remove the PillCam recorder at any time during the procedure.
- Treat the PillCam recorder carefully. Avoid sudden movements and banging of the recorder.

After completing SB Capsule Endoscopy

- If instructed to remove the equipment at the end of the capsule endoscopy procedure, do the following:
 - *Remove the sensor belt and the PillCam recorder and keep in a safe place.*
 - *Return all the equipment to the specified location as possible. Handle the PillCam recorder and other equipment carefully without exposing to shock, vibration, or direct sunlight.*

*****If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain, or vomiting: Please contact your doctor.**

*****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.**