

**Northwest Gastroenterology and Endoscopy Center, LLC  
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**Small Bowel Capsule Endoscopy Study for Patient: \_\_\_\_\_ DOB: \_\_\_\_\_**

**Procedure Date: \_\_\_\_\_ Check in Time: \_\_\_\_\_**

| 7 Days Prior  | 5 Days Prior   | 2 Days Prior   | 1 Day Prior  | Procedure Day  |
|---|--|--|--|--|
| <p>Stop taking all oral iron supplements.</p> <p>Purchase the Bowel- prep from your pharmacist.</p> <p>Please consult your physician if you have any questions about your medications, especially if you've been told not to stop taking these drugs suddenly without medical advice.</p> | <p>We ask that you check with your insurance company for:</p> <p align="center">Authorization<br/>Benefits<br/>Co-Pay<br/>Deductible<br/>Prior Notification</p> <p>*This is patient responsibility</p> | <p>Drink 8 glasses of water throughout the day.</p> <p>Review the upcoming dietary needs required prior to the procedure and the day of the procedure.</p> <p align="center"><b>No Solid Food After Midnight-start the clear liquid diet- NO RED OR DARK PURPLE LIQUIDS.</b></p> | <p>Continue the clear liquid diet through out the day.<br/>NO RED OR PURPLE LIQUIDS.</p> <p><u>Between 5:00 and 6:00 PM</u> start drinking the bowel prep-drink 8 oz every 15- 30 minutes until <b>2 liters, only half of the 4 liter container has been consumed.</b></p> <p>*Consume only half (2 Liters)</p> <p>If you begin feeling nauseous, stop drinking the solution for 30 minutes and then resume drinking.</p> <p align="center"><b>Have nothing by mouth after Midnight</b></p> <p>* <b>Morning of the PillCam wear a 100% cotton T-shirt. You may wear an outer shirt or jacket over the 100% cotton shirt.</b></p> | <p>Take your regular morning medication at 6:00am. Do not Take Carafate or thick liquid medicines.</p> <p>Immediately after the capsule is swallowed, you may chew gum (do not swallow). This may help the capsule pass out of your stomach.</p> <p>* <b>Do not eat or drink for the first 4 hours, after swallowing the pill 4 hours after swallowing the pill you may drink fluids (NO RED OR PURPLE LIQUIDS) &amp; eat a light snack (e.g. half a sandwich and soup)</b></p> <p>*A little bit of movement (but not vigorous exercise) will help the capsule pass through your small bowel, such as walking or shopping.</p> |

**While undergoing Capsule Endoscopy: DO** contact your physician immediately if you have any abdominal pain, nausea or vomiting anytime after ingesting the capsule. **DO** handle the data recorder, belt, and sensor array carefully. Exposure to shock, vibration or direct sunlight can result in a loss of information. **DO** periodically (every 15 minutes or so) check to verify that the blue light on top of the recorder is blinking. If for some reason it stops, note the time and notify the Office. **DO** note the time you eat or drink and if you notice any unusual sensations on the record sheet provided. Bring these notes to Northwest Gastroenterology when you return. **DON'T** go near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio. The capsule should pass out in your stool – you may not see it, but it is a good idea to observe your bowel movements and take note if you DO see it pass. You do NOT need to retrieve the capsule. Contact your physician if you feel you have not passed the capsule within 3 days. After completion of the study, you may resume your normal diet.