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PILLCAM™ CAPSULE ENDOSCOPY

Patient: _____

Appointment Date/Time: _____

Doctor: _____

IF YOU HAVE A PACEMAKER, PLEASE CONTACT CALL OUR OFFICE BEFORE PROCEEDING

Patient Instructions for Undergoing Capsule Endoscopy

Your physician has determined that as part of your medical evaluation you should undergo an examination known as Capsule Endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) Given® Imaging PillCam™ Capsule which will pass naturally through your digestive system while taking pictures of the intestine. The video capsule contains an imaging device and light source at both ends of the capsule and transmits images at a rate of two images per second, generating more than 50,000 pictures during the eight-hour procedure.

When you arrive at our office for your appointment, you will be fitted with a comfortable belt (SensorBelt), containing sensors, with easy-fasten straps for quick adjustments and removal. After being fitted with the belt, you will be given a glass of water to help swallow the vitamin-sized pill. After you have successfully swallowed the PillCam™ video capsule, you will be able to resume daily activities. After eight hours, you will return to our office to have the SensorBelt and DataRecorder removed. The PillCam™ video capsule passes naturally with a bowel movement, usually within 24 hours.

In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:

THE DAY BEFORE CAPSULE ENDOSCOPY

1. After lunch on the day before the Capsule Endoscopy examination, begin a clear liquid diet (on back page).
2. Between 7 pm and 8 pm, drink one 10-ounce bottle of **Citrate of Magnesia** (available over-the-counter at any pharmacy).
3. From 8 pm the evening before Capsule Endoscopy, do not eat or drink except for necessary medication with a sip of water.
4. Do not take any medication beginning 2 hours before undergoing Capsule Endoscopy.
5. Abstain from smoking for 24 hours prior to undergoing Capsule Endoscopy.

THE DAY OF CAPSULE ENDOSCOPY

1. One-half hour before appointment, take **Gas-X®** (2 tablets).
2. Arrive at your physician's office at the scheduled time for your Capsule Endoscopy dressed in loose fitting, two-piece clothing.
3. At your physician's office, you will have a pre-procedure interview. During this interview you should be informed that Capsule Endoscopy is associated with a small chance of intestinal obstruction. You will be checked-in and asked to give your informed consent.
4. The staff will fit you with a comfortable belt (SensorBelt), containing sensors, with easy-fasten straps for quick adjustments and removal.
5. You will be given a glass of water to help swallow the vitamin-sized pill. You may then resume your daily activities.

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AFTER INGESTING THE PILLCAM™ CAPSULE

1. After ingesting the PillCam™ Capsule, do not eat or drink. At 10:15 am, you may begin drinking liquids and take necessary medications. At 12:15 pm, you may have a light lunch. No more solid food after lunch, but continue drinking liquids throughout the afternoon. The above instructions related to eating apply, unless your physician specifies otherwise. Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during Capsule Endoscopy.
2. After ingesting the PillCam™ Capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio.
3. Occasionally, some images may be lost due to radio interference (i.e. from amateur radio transmitter, MRI, etc.). On rare occasions this may result in the need to repeat the Capsule Endoscopy examination. In this case, the physician will advise you to stay within the premises of the clinic during the Capsule Endoscopy to prevent this problem from recurring.
4. Capsule Endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder™ is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder™.
5. During Capsule Endoscopy, you will need to verify, every 15 minutes, that the small light on top of the DataRecorder™ is blinking twice per second. If, for some reason, it stops blinking at this rate, record the time and contact your physician. You should also record the time and nature of any event such as eating, drinking, your activity and unusual sensations. Return the Event Form with these notes to your physician at the time you return the equipment.
6. Avoid any strenuous physical activity, especially if it involves sweating, and do not bend over or stoop during Capsule Endoscopy.

AFTER COMPLETING CAPSULE ENDOSCOPY

1. You will be instructed when to return to the office to have the equipment removed.
2. After removal of the equipment, you may resume a normal diet.
3. The DataRecorder™ stores the images of your examination. Handle the DataRecorder™, and SensorBelt carefully. Do not expose them to shock, vibration or direct sunlight, which may result in loss of information.
4. If you did not positively verify the excretion of the PillCam™ Capsule from your body and you develop unexplained post-procedure nausea, abdominal pain or vomiting, contact your physician for evaluation and possible abdominal x-ray examination.
5. Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the excretion of the PillCam™ Capsule from your body, you should contact your physician for evaluation and possible abdominal x-ray before undergoing an MRI examination.

Clear Liquid Diet

Recommendations:

Black tea (no cream)
Black coffee (no cream)
Broth / Bouillon
Jell-O - NO RED flavors
Soft drinks - NO RED flavors
Popsicles - NO RED flavors
Hard candy - NO RED flavors
Clear juices (apple juice, white grape juice)
Sprite / 7-Up / Sierra Mist
GingerAle
Squirt

You may NOT have:

Tomato juice
Orange juice
Lemonade
Milk
Milk products
Solid foods