

## SMALL BOWEL CAPSULE

### ENDOSCOPY

Your physician has determined that as part of your medical evaluation you should undergo an examination known as SB capsule endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) PillCam SB capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the Sensor Array which is placed on your abdomen. The Sensor Array is attached to a walkman-like Data Recorder which saves all the images. It is located in the Recorder Belt, which is worn around your waist. After 8 hours, you will remove the Recorder Belt and return it to your physician for processing. The PillCam SB capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will need to be removed endoscopically or surgically. 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. Abstain from smoking 24 hours prior to undergoing SB Capsule Endoscopy.
2. After lunch on the day before the SB capsule endoscopy examination, start a liquid only diet.
3. Drink 10 ounces of Magnesium Citrate at 6:00p.m.
4. From 10p.m. the evening before the SB Capsule Endoscopy, do not eat or drink except for necessary medication with a sip of water.

#### **The day of Capsule Endoscopy**

1. Take one (1) Reglan tablet at 6:00a.m.
2. Do not take any other medications beginning 2 hours before undergoing SB Capsule Endoscopy.
3. Arrive at the **Shelby Baptist Digestive Disease Center** at the prescribed time for your SB Capsule Endoscopy dressed in loose fitting, two-piece clothing.
4. When you arrive, you will have a pre-procedure interview. During this interview, you should be informed that SB Capsule Endoscopy is

- associated with a small chance of intestinal obstruction. You will be checked in and asked to give your informed consent.
5. The Sensor Array will be applied to your abdomen with adhesive pads and will be connected to the Data Recorder which you will wear in a belt around your waist. After that, you will be instructed to ingest the PillCam SB capsule.

### **After ingesting the PillCam SB Capsule**

1. After ingesting the PillCam SB capsule, do not eat or drink for at least 2 hours. After 2 hours, you may have clear liquids only. After the examination is complete, in approximately 8 hours, you may return to your normal diet. 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 the SB capsule endoscopy at (205)663-1023.
2. After ingesting the PillCam SB 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. SB 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 Date Recorder is actually a small computer, it should be treated with the utmost care and protection. Avoid sudden movement and banging of the Date Recorder.
4. During SB Capsule Endoscopy, you will need to verify every 15 minutes that the small light on top of the Data Recorder is blinking twice per second. If, for some reason it stops blinking at this rate, record the time and contact your physician.
5. Avoid strenuous physical activity, especially if it involves sweating, and do not bend over or stoop during Capsule Endoscopy.

### **After completing SB Capsule Endoscopy**

1. You will be instructed by your physician on how to return the equipment at the end of SB Capsule Endoscopy. If you were instructed to remove the equipment by yourself, do the following:
  - a) Disconnect the Sensor Array from the Data Recorder
  - b) Take off the Recorder Belt (with the Date Recorder and Battery Pack)
  - c) Disconnect the Battery Pack in a safe place
  - d) Place Data Recorder and Battery Pack in a safe place.

To remove the Sensor Array from your abdomen, do not pull the leads off the Sensor Array! Peel off each adhesive sleeve starting with the non-adhesive tab without removing the sensor from the adhesive sleeve. Place the Sensor Array with the rest of the equipment. The attending physician will use the date from the examination for the medical evaluation.

The Date Recorder stores the images of your examination. Handle the Date Recorder, Recorder Belt, Sensor Array and Battery Pack carefully. Do not expose them to shock, vibration or direct sunlight, which may result in loss of information. Return all of the equipment as soon as possible.

If you did not positively verify the excretion of the PillCam SB 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.

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 SB capsule from your body, you should contact your physician for evaluation and possible abdominal x-ray before undergoing MRI examination.

\*\*For any questions, please call: Shelby Baptist  
Digestive Disease Center: (205)620-8885

Or  
Gastroenterology

Associates: (205)663-1023