

PillCam Endoscopy Prep Instructions

Your doctor has scheduled you for the PillCam Endoscopy on

Location: **The Endoscopy Center (located in the Providence Medical Building behind Fred Meyer)**
12800 Bothell Everett Hwy, Suite 200, Everett, WA 98208 425-248-4335

Your physician has determined that as part of your medical evaluation you should undergo a test known as Capsule Endoscopy. This procedure involves ingesting a capsule the size of a large vitamin pill. The capsule will pass naturally through your digestive system while taking pictures of the intestine. A Walkman like data recorder will be carried in a case which will receive images transmitted by the capsule. After 8 hours, you will return to the Endoscopy Center for removal of the sensors or belt and the data recorder. The capsule is disposable and will be excreted naturally in your bowel movement. **DO NOT RETRIEVE OR RETURN THE PILLCAM (CAPSULE CAMERA).**

Known relative contraindications include cardiac pacemakers and defibrillators, severe intestinal motility disorders, certain swallowing disorders, Zenker's diverticulum, and pregnancy. Please inform your provider if these apply to you. You must avoid powerful magnets such as MRI machines or ham radios until the capsule has passed.

In order to get the most accurate information from your test, you will need to follow these instructions:

The Day before Capsule Endoscopy:

- **After a light breakfast** the day before the Capsule Endoscopy examination, consume only clear liquids such as Jell-O, popsicles, soda, apple juice, and broth. Avoid red or purple colored liquids. Drink large amount of water to stay hydrated.
- **Purchase an 8.3oz (238gm) bottle of Miralax. Mix half of the powder into the a large 20oz glass of water and drink that around 7-8pm the night before your exam**
- **Mix the second half of the Miralax into the second 20oz glass of water and drink that the morning of your exam 2 hours before you are scheduled to arrive.**
- **After 12:00 midnight** you can continue to drink water only until your AM Miralax.
- If you are over 300 pounds, sensor pads will be used for your procedure in place of the belt, in which case you will need to shave if you have excessive hair on your abdomen. Please shave the area 6 inches above and 4 inches below your navel (just above the pubic area). Do not apply lotion or powder to the abdomen.
- Refrain from smoking for 24 hours prior to your procedure.

Special Cases:

- If you are diabetic and taking insulin, take only ½ of your regular dose the day before your Capsule Endoscopy. Drink "regular" sugar containing liquids, rather than sugar free liquids on the day before the test.
- **If you are taking iron or iron containing supplements, stop taking them 1 week prior to your scheduled Capsule Endoscopy.**

Day of Capsule Endoscopy:

- **Do not take any oral medications immediately before undergoing Capsule Endoscopy. If you take medications, take them before your arrival time, or postpone taking them until 2 hours after you swallow the capsule.**
- If you are diabetic and taking insulin, take only ½ of your regular dose the day of the Capsule Endoscopy.
- Arrive at **The Endoscopy Center, 12800 Bothell-Everett Hwy, Suite 200** at the scheduled time for your Capsule Endoscopy. Wear loose, comfortable two-piece clothing. **Please wear a COTTON T-SHIRT. Do not wear dresses, pantyhose, or anything restricting around your waist. Avoid belts.**
- You do not have to stay at the Endoscopy Center. We do encourage you to walk periodically during the course of the day, as this may help the capsule move through the intestines. Avoid strenuous physical activity especially if it leads to significant sweating.
- You will be allowed a light lunch 4 hrs after ingestion of the pill followed by clear liquids until test is completed
- Return to the Endoscopy Center 8 hrs after ingestion of the capsule to return the equipment.