



Member of **Northwell Health Physician Partners**[®]

PROCEDURE DATE: _____

LOCATION: 8 TECHNOLOGY DRIVE SUITE 101

START TIME: 8:00AM

END TIME/RETURN TO OFFICE: 4:00PM

If you need to cancel this procedure or have further questions, please call 631-751-8700 ext 17109

Your physician has determined that as part of your medical evaluation you should undergo an examination known as Small Bowel (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 SensorArray which is placed on your abdomen. The SensorArray is attached to a Walkman-like DataRecorder which saves all the images. It is located in the RecorderBelt which is worn around your waist. After 8 hours, you will return to the office to have the RecorderBelt removed. The PillCam SB Capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it is not excreted naturally, it may need to be removed endoscopically or surgically.

In order for your physician to get the most accurate information from this examination the below prep instructions must be followed.

Patient Instructions for Undergoing Small Bowel (SB) Capsule Endoscopy

What will you need for this procedure? Here is your shopping list:

- 8.3 oz (238g) bottle of Miralax (or 225 g of Polyethylene glycol)
- 64oz of Gatorade or Crystal Light Beverage (NO RED or PURPLE COLORED DRINKS!)
- GasX tablet
- If you are diabetic, Apple Juice

One week before procedure: Stop taking any iron supplements

24 hours before the procedure: abstain from smoking

The day before your procedure, starting at 3PM:

3PM: Only ingest clear liquids after 3PM. **DO NOT EAT ANY SOLID FOODS**

Clear Liquids include:

- Strained fruit juices without pulp (apple, white grape, lemonade)
- Water
- Clear broth or bouillon soup
- Coffee or tea (without milk or non-dairy creamer)
- All of the following are allowed as long as they are NOT COLORED RED OR PURPLE
 - Kool-Aid or other fruit flavored drinks
 - Gatorade or Snapple

Instructions continued →

- Plain Jello (clear or yellow without added fruit or toppings)
- Carbonated and non-carbonated soft drinks
- Ice popsicles

5PM:

- Mix the 8.3 oz (238g) bottle of Miralax (or 225 g of Polyethylene glycol) in 64oz of Gatorade or Crystal Light Beverage (NO RED OR PURPLE COLORED BEVERAGE)
- Shake the solution until the Miralax (or Polyethylene glycol) has dissolved.
- Drink 8oz every 10-15 minutes until you have finished the entire solution.
- Continue clear liquids until bed-time.
- Remain close to toilet facilities.

Morning of the Procedure:

- If applicable, take your AM medications at 6AM with a sip of water. **EXCEPTION: IF YOU ARE DIABETIC DO NOT TAKE ANY DIABETIC MEDICATIONS OR INSULIN THE MORNING OF YOUR PROCEDURE.** Further instructions will be given at the office prior to procedure taking place.
- Do not eat solid food
- Take 1 GasX Tablet one hour before coming to the office.
- Arrive at the office at 8AM in loose fitting, 2 piece outfit. Please wear a cotton T-Shirt underneath your clothing

What to expect at time of Procedure:

- You will be asked to sign a consent and a financial waiver for the procedure and corresponding equipment.
- Our Medical Assistant will confirm that you adhered to preparation guidelines. Failure to prepare properly may result in cancelling and rescheduling your procedure

After Ingesting the Pillcam SB Capsule:

- DO NOT EAT OR DRINK ANYTHING FOR AT LEAST 4 HOURS
- AVOID ANY STRENUOUS ACTIVITY IF IT INVOLVES SWEATING. DO NOT BEND OVER OR STOOP
- After 4 hours, you may have a LIGHT SNACK.
- The SB Capsule endoscopy lasts approximately 8 hours. Do not disconnect the equipment at any time during the 8 hours.
- Treat equipment with utmost care and protection and avoid sudden movement and/or banging on device.

If you experience any abdominal pain, nausea or vomiting during this procedure, call the office immediately @ 631 -751-8700

If the device stops blinking, record the time and call the office @ 631 -751-8700

Until the Pillcam is excreted, you should avoid being near any source of powerful electromagnetic fields such as an MRI device or an amateur (ham) radio

Occasionally some images may be lost due to radio interferences and on rare occasions this may result in the need to repeat this procedure.