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Gastroenterology & Hepatology  
& Advanced Therapeutic Endoscopy

## Pill Endoscopy Instructions

To ensure the best results for your (PillCam) capsule endoscopy follow these directions:

### Day Before Capsule Endoscopy:

1. **Start Liquid Diet (see website Clear liquid List) after Lunch**
2. **Do not eat or drink except for necessary medications with a sip of water, 10 hours before your capsule endoscopy.**
3. **At 5pm take one bottle of (lemon-lime) Magnesium Citrate (can be purchased at local pharmacy)**

### Day of Capsule Endoscopy:

1. **Do not take medication 2 hours before having exam. Only take Simethicone 80mg (can be purchased at local pharmacy) just prior to coming to office.**
2. **Wear upper garment of thin, natural fiber such as a T-shirt, that is long enough to reach at least to hip level and will not ride up above the belt**
3. **Arrive for your appointment at 8:00 am**

### After Swallowing the Capsule (PillCam):

1. **You may drink colorless liquids starting 2 hours after swallowing the PillCam SB capsule**
2. **You may have a light snack 4 hours after ingestion.** After the examination is completed you may return to your normal diet
3. **Be sure the SensorBelt is tight at the waist.** Do not attach anything to it.
4. **Check the blue flashing DataRecorder light every 15 minutes** to be sure it is blinking twice per second. If it stops blinking or changes color note the time and contact us.
5. **Avoid strong electromagnetic fields** such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement.
6. **Do not disconnect the equipment or completely remove the DataRecorder** at any time during the procedure
7. **Treat the DataRecorder carefully.** Avoid sudden movements and banging of the DataRecorder

### After Completing SB Capsule Endoscopy

1. **Return to the doctor's office at 4:00pm,** to have the equipment removed.
2. **Return all the equipment to your doctor's office as soon as possible.** Handle the DataRecorder and other equipment carefully without exposing them to shock, vibration or direct sunlight.
3. **If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact your doctor for elevation.**

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