

## PATIENT INSTRUCTIONS

### PillCam™ Capsule Endoscopy Magnesium Citrate

Dear Patient: \_\_\_\_\_

Today's date: \_\_\_\_\_

Procedure Date \_\_\_\_\_

Ordering Doctor \_\_\_\_\_

Arrival Time \_\_\_\_\_

Location: 2<sup>nd</sup> Floor Office Endoscopy Center of Red Bank Location: 1<sup>st</sup>

Return to Office at \_\_\_\_\_

Floor Office Red Bank Gastroenterology

**FIVE (5) DAYS BEFORE** your (Pill Cam) procedure; **Stop Oral Iron** Medications, Please check your multivitamin for IRON (Fe). Take your last oral iron supplement on \_\_\_\_\_. You may resume your iron after your procedure. Purchase a bottle of an over the counter product Citrate of Magnesia. (**CLEAR ONLY**) This usually comes in 8 or 10 ounce bottles. You will need 4 ounces of it.

**THE BUSINESS DAY BEFORE** your (Pill Cam) procedure; **Please call** before you start your prep, to confirm your appointment (and to confirm insurance prior authorization if required). Should you have any questions or need to reschedule, please call nurses Bonnie 732.936.8305 or Melissa 732.936.8318 at anytime. Please note: Only if your insurance requires a "referral", please obtain one from your primary doctor, we'll need a copy of it.

**THE DAY BEFORE** your (Pill Cam) procedure;

- DIET: LIGHT BREAKFAST** consisting of a soft cooked or scrambled eggs, toast without seeds, butter, strained soups, cream of wheat, French toast, pancakes with butter and plain syrup, mashed potatoes, pasta with butter or parmesan cheese, smooth yogurts without fruit, Jello, puddings, sherbets, smooth applesauce, smooth peanut butter, and liquid nutritional supplements. No substitutions please.
- DIET: CLEAR LIQUID LUNCH & DINNER** for the remainder of the day. No red or purple colors as they may look like blood. No coffee, no cola, and no milk. (See attached) \* If you are a **Diabetic**, check with the doctor who manages your diabetes about fasting/diabetes meds. Please see \* below.
- Between 5 – 7 PM** the evening before your procedure, **DRINK FOUR (4) ounces of Citrate of Magnesia**. Follow this with **3 more glasses** of any clear liquid. You may drink clear liquids until 10PM.
- 10:00PM: NOTHING to eat or drink** except for with a sip of water for necessary medications either two (2) hours before you swallow the pillcam or two (2) hours after you ingest it.  
\***DIABETICS**: Please check with the doctor who manages your diabetes about fasting/diabetes meds. Two (2) hours after ingesting M2A pillcam you will have clear liquids. Four (4) hours after ingesting the pillcam you can have solid food (a "light" lunch). Type 1 Diabetics: Check with your Endocrinologist regarding your insulin. You may be instructed to take 1/2 your insulin. Type 2 or insulin dependent Diabetics: Do NOT take your oral diabetes medication while on your clear liquid diet/ fasting. Please monitor your blood sugar level.
- Medications** that you are on for heart, blood pressure, or breathing should be taken (including the morning of your procedure) with small sips of water only.

**THE DAY OF** your (Pill Cam) procedure; Dress in loose, 2 piece (a sweat suit or a button-down works well but not necessary) comfortable clothing.

6. Male patients; it may be necessary for us to trim body hair in order for lead stickers to adhere, see attached

7. PLEASE BRING THIS ENTIRE PACKET WITH YOU ON THE DAY OF YOUR PROCEDURE. Thank you.

Sincerely, **Bonnie Woodward RN 732-936-8305**  
**Melissa Agosto LPN 732-936-8318**

Rev 5/27/15

# CLEAR (TRANSPARENT) LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.

**No Red or Purple** liquids (they may look like blood) and **you may not have** coffee, milk or anything opaque. Alcoholic beverages are **not** permissible.

## YOU MAY HAVE:

### **Beverages**

1. Apple juice
2. Clear (white) cranberry/grape juice
3. Crystal Light®
4. Lemonade
5. Soda, Sprite, ginger ale, seltzer
6. Sports drinks
7. Tea, hot and iced
8. Transparent coconut water
9. Transparent protein drinks
10. Water



### **Clear Broth**

1. Chicken, beef, vegetable
2. Bouillon
3. Broth
4. Consommé



### **Desserts**

1. Lemon popsicles
  2. Lemon ices
  3. Flavored gelatin "Jello®"
- (No red or purple flavors, No fruit chunks)*

### **Miscellaneous**

1. Sugar, honey, syrup
2. Clear, hard candy
3. Salt

**You may** brush your teeth or use mouthwash.

Please do not swallow any liquids

## YOU MAY NOT HAVE:

**Red, purple colors, coffee, milk or anything opaque.**

**Alcoholic beverages of any kind are not permitted.**

**CAPSULE ENDOSCOPY  
(PILL CAM) INSTRUCTIONS  
DAY OF PROCEDURE  
WHAT TO DO TODAY**

1. After ingesting the capsule, do not eat or drink for 2 hours. After 2 hours you may have clear liquids. After 4 hours, you may have lunch. We recommend soup and ½ sandwich. If you are a smoker, you may smoke again after 4 hours.
2. Contact us if you are experiencing any abdominal pain, nausea, or vomiting during capsule endoscopy.
3. After ingesting the pillcam capsule, and until it is excreted, you should not be near any source of powerful electromagnetic fields, such as an MRI or amateur (ham) radio.
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 Data Recorder is actually a small computer, it should be treated with the utmost care and protection. Avoid sudden movement and banging of the Data Recorder, or getting it wet.
5. During 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 nurse Bonnie 732-936-8305 or nurse Melissa 732-936-8318.
6. Avoid any strenuous physical activity, especially if it involves sweating, and do not bend over or stoop during Capsule Endoscopy.
7. Return to the office at \_\_\_\_\_.
8. The capsule is disposable and passes naturally. You should not feel any discomfort when the capsule passes.  
Please notify us if, after the test, you develop fever or increasing chest or abdominal pain.

## Sensor Location Guide

For Small Bowel Capsule Endoscopy

**A** Intersection of right 7<sup>th</sup> intercostal space and right mid-clavicular line

**B** Xiphoid process

**C** Intersection of left 7<sup>th</sup> intercostal space and left mid-clavicular line

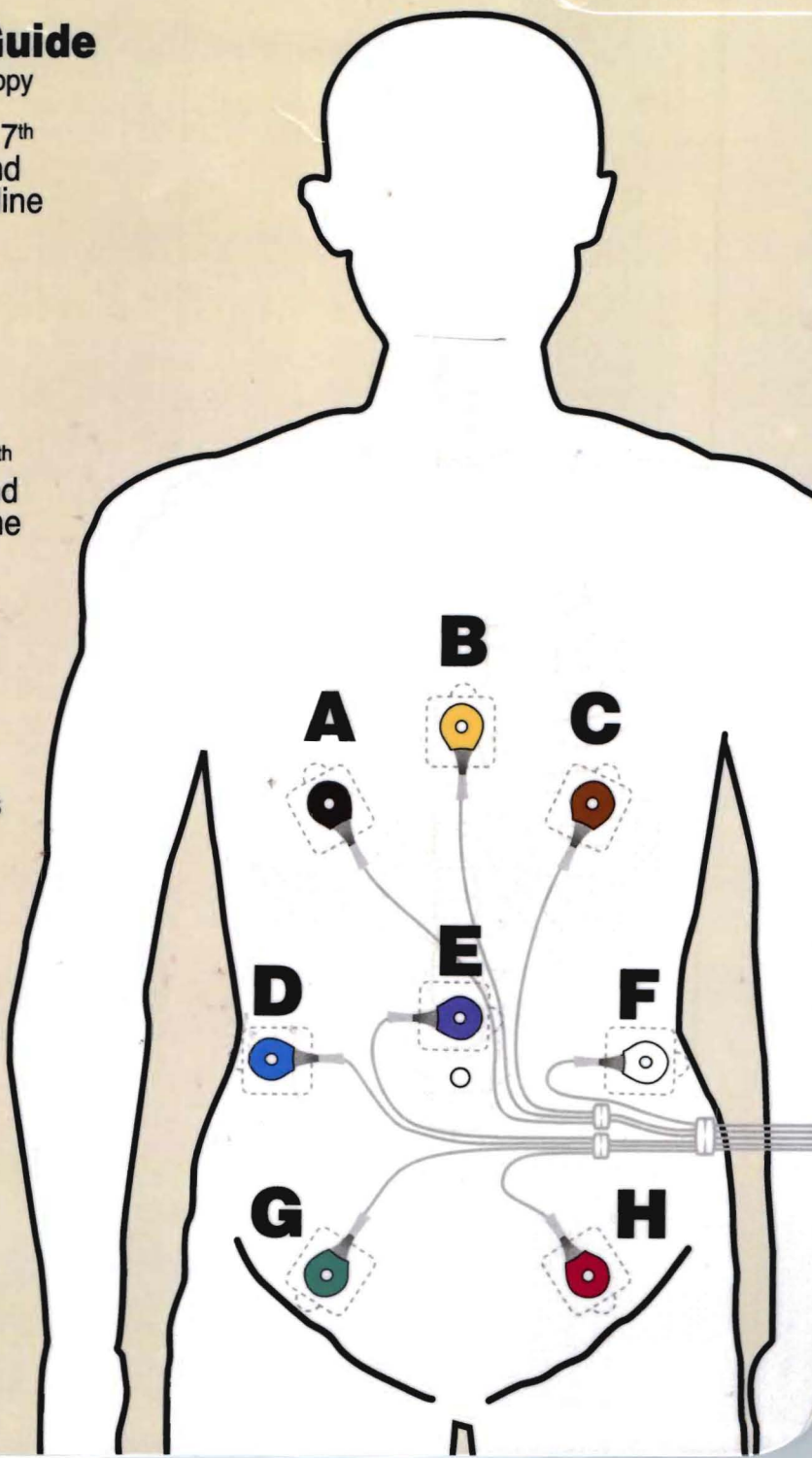
**D** Right lumbar region at umbilical level

**E** Above Umbilicus (Navel)

**F** Left lumbar region at umbilical level

**G** Right mid-inguinal region

**H** Left mid-inguinal region





## CONSENT FORM

### I CONSENT TO HAVING A CAPSULE ENDOSCOPY

Capsule endoscopy is a new method of examining the small intestine. It is not intended to examine the esophagus, stomach, or colon. It does not replace upper endoscopy or colonoscopy.

I understand that there are reports of the capsule getting caught in narrowed segments of bowel, a BOWEL OBSTRUCTION. An obstruction may require immediate surgery.

I am aware that I should avoid MRI machines during the procedure and until the capsule passes following the exam.

I state that I do not have a cardiac pacemaker or an implanted defibrillator.

I understand that due to variations in a patient's intestinal motility, the capsule may only image part of the small intestine. It is also possible that due to interference, some images may be lost and this may result in the need to repeat the capsule procedure.

I understand that images and data obtained from my capsule endoscopy may be used, under complete confidentiality, for educational purposes in future medical studies.

As part of the capsule endoscopy, I will be loaned by Red Bank Gastroenterology Associates (the "Practice") a belt, leads and a data recorder (the "Equipment"). I understand that I must return the Equipment to the Practice by \_\_\_\_\_ and that failure to return the Equipment in the same or substantially the same condition in which it was loaned to me may result in costs for repairs assessed against me from \$750.00 and up.

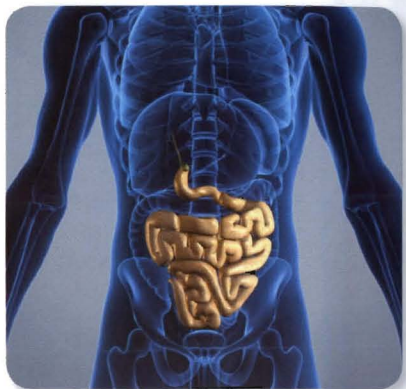
Dr. \_\_\_\_\_ has fully informed me of my diagnosis, prognosis, the procedure, the risks, the expected results of the procedure and any ancillary services that may be determined to be necessary by Dr. \_\_\_\_\_, along with alternative diagnoses and treatments. I have been allowed to ask questions concerning the planned procedure and at this time, I have no further questions.

Consent is given for Dr. \_\_\_\_\_ and any other health care professionals and assistants to provide the appropriate care and treatment for me as determined by Dr. \_\_\_\_\_.

I am fully aware that the practice of medicine is not an exact science and that the capsule endoscopy and related treatments may involve risks of injury, serious injury and death.

\_\_\_\_\_  
Patient's Name (please print)      Patient's Signature      Date \_\_\_\_\_

\_\_\_\_\_  
Provider's Name      Provider's Signature      Date \_\_\_\_\_



Anatomy of the small bowel

## Why Does the Capsule Get Eliminated, Will I Feel It Come Out?

The capsule is disposable and passes naturally with your bowel movement. You should not feel pain or discomfort.

## PillCam Capsule Endoscopy a Good Solution for Everyone?

PillCam capsule endoscopy is not for everyone. Risks include capsule retention, aspiration, and intestinal irritation. The risks of the Agile™ GI Agency test include capsule retention and intestinal irritation. Endoscopic placement may present additional risks. Medical, endoscopic, or surgical intervention may be necessary to address any of these complications, should they arise. Please consult your physician or refer to [givenimaging.com](http://givenimaging.com) for detailed information.



(actual size)

## PillCam® SB Capsule Endoscopy

### Instructions from Physician or Nurse:

Please no oral iron supplements (infusions ok)  
5 days prior, please call business  
day prior to confirm appointment  
& review prep. Thank you.

### Do not have an MRI for 30 days.

I cannot have an MRI until: \_\_\_\_\_  
Date

### Notes:

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### For additional information call:

nurse Bonnie 732 936 8305 \_\_\_\_\_

nurse Melissa 732 936 8318



[www.givenimaging.com](http://www.givenimaging.com)

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## PillCam® SB Capsule Endoscopy



For more information, please  
visit [www.givenimaging.com](http://www.givenimaging.com).





# PillCam® SB Capsule Endoscopy

A patient-friendly method to visualize the small bowel

Your doctor may determine that a capsule endoscopy of the small bowel is necessary for further evaluation of your condition. Capsule endoscopy with the PillCam® SB video capsule will provide your doctor with pictures of your small intestine. Read this brochure to learn about the procedure and get answers to commonly asked questions. Feel free to ask your doctor or nurse any additional questions you may have.

## What is PillCam Capsule Endoscopy of the Small Bowel?

Capsule endoscopy with the PillCam SB video capsule enables your doctor to examine your entire small intestine. Your doctor will have you ingest a video capsule that has its own camera and light source. You can move freely during the exam, which lasts about eight hours. While the video capsule travels through your body, it sends images to a data recorder you will wear close to your waist. Afterwards, your doctor will view the images on a video monitor.



## How Should I Prepare for the Procedure?

You will receive preparation instructions before the examination. An empty stomach allows optimal viewing conditions, so you should start a liquid diet after lunch the day prior to the examination and have nothing to eat or drink, including water, for approximately 10 hours before a small bowel examination. Your doctor will tell you when to start fasting. Tell your doctor in advance about any medications you take as you might need to adjust your usual dose for the examination. Inform your doctor of your medical history, including if you have a pacemaker or other electromedical devices, any previous abdominal surgery, swallowing problem, or previous history of obstructions in the gastrointestinal tract.

## What Can I Expect During PillCam Capsule Endoscopy?

The doctor or nurse will prepare you for the examination by placing sensors on your abdomen. The video capsule is swallowed with water and passes naturally through your digestive tract while transmitting video images to a data recorder that you will wear close to your waist. You will be able to eat four hours after the capsule ingestion, unless your doctor instructs you otherwise. The examination is over approximately eight hours after the capsule is ingested.



## What Happens After PillCam Capsule Endoscopy?

At the end of the procedure, the data recorder and sensors will be removed and the images acquired during your exam will then be downloaded to a workstation for your doctor to review. After ingesting the capsule until it is excreted, you should not have a Magnetic Resonance Imaging (MRI) examination or be in the vicinity of an MRI machine.

## How Will I Know the Results of the Procedure?

After you return the equipment, your doctor will process the information from the data recorder and will view a color video of the pictures taken by the capsule. After the doctor has looked at this video, you should be contacted with the results.



**IMPORTANT REMINDER:** This brochure provides general information and should not be used as a definitive basis for diagnosis or treatment in any case. It is very important that you consult your doctor about your specific