

Your gastroenterologist has recommended you have the PillCam capsule endoscopy. Below, you'll find essential instructions to ensure a smooth and successful experience during the test. Please read carefully and follow these steps closely to maximize the effectiveness of the test and obtain accurate results. If you have any questions or concerns, don't hesitate to reach out to your provider's office.

**FIVE DAYS BEFORE YOUR TEST**

- Five (5) days prior to your test, discontinue iron supplements and GLP-1 agonist.

**THE DAY BEFORE YOUR TEST****Medications**

- Discontinue Carafate®.
- Diabetic patients, take half of your usual dose of diabetic medications (oral or insulin).
- At 12:00 p.m. noon, take 2 Dulcolax tablets
- At 4:00 p.m., mix one 4.1 oz bottle of MiraLAX® with 64 oz of Gatorade® (no red or purple) or 64 oz of water, and drink the entire mixture.
- DO NOT smoke for 24 hours prior to your test

**Meal Instructions**

- The day before, have a light lunch with low residue diet and limit raw fruits, vegetables, and nuts/seeds. Please avoid anything heavy, such as red meat.
- After lunch or 12:00 p.m. noon, start the clear liquid diet.
- At 10:00 p.m., stop clear liquids and do not eat or drink anything.

**THE DAY OF YOUR TEST**

- The morning of your test, DO NOT eat or drink anything.
- You may take essential medications with small sips of water, but do not take any medication two (2) hours before the test.
- Diabetic patients, take half of your usual dose of diabetic medications (oral or insulin).
- Please dress in loose fitting, two-piece clothing and plan to arrive at your physician's office 30 minutes prior to your appointment.

**AFTER INGESTING THE PILL CAM**

- After you have swallowed the pillcam, do not eat or drink anything for two (2) hours.
- After the two-hour period has ended, you may drink clear liquids. (Review clear liquid diet included in this packet.)
- Four (4) hours after swallowing the pillcam, you may have a light snack (such as soup or a sandwich), unless your provider instructs you otherwise. NO fried or greasy foods.
- Continue to drink clear liquids until you return to your provider's office.

**FOR THE DURATION OF THE TEST**

After ingesting the pillcam and until it is excreted, you should not be near any source of electro-magnetic fields, such as an MRI device, radiowaves, or any other electro magnetic fields. (Occasionally, images are lost due to radio interference. On rare occasions, this may result in the need to repeat the pill cam test.)

- Every 15 minutes, during the recording period, you will need to verify that the small light on top of the data recorder is blinking twice per second. If it stops blinking at this rate, record the time and contact your provider's office.
- During the recording period, avoid any strenuous physical activity, especially if it involves sweating.
- Do NOT bend or stoop during the test.

**EIGHT (8) HOURS AFTER INGESTING CAPSULE**

- You will return the data recorder and event form approximately 8 hours after ingesting the capsule.
- After the eight-hour period is completed, you may return to your normal diet, unless your physician instructs you otherwise.
- If you cannot positively verify the excretion of the capsule from your body or if you develop unexplained post-test nausea, abdominal pain or vomiting, contact your provider immediately for evaluation.

**WARNING**

- The pillcam capsule should pass through a bowel movement. You must not have an MRI until the capsule has passed. **If you need to have an MRI and you are unsure that the capsule has passed, we recommend that you have an abdominal x-ray before having the MRI.**