

# Patient Instructions for PillCam™ Genius Small Bowel Capsule Endoscopy



Patient name: \_\_\_\_\_

Examination Date: \_\_\_\_\_

To ensure the best results for your PillCam™ Genius capsule endoscopy of the small bowel, follow your health care provider's instructions carefully and completely. If you have any questions related to the PillCam™ endoscopy procedure, contact your health care provider.

Notify your health care provider about all prescription medications you are taking. Inform your healthcare provider if you have any known allergies.

## Five days prior to Capsule Endoscopy

Five days prior to capsule endoscopy, stop all iron medications, aspirin, and non-steroid medications such as ibuprofen, Celebrex, naproxen, Aleve and Relafen.

## The day before Capsule Endoscopy

1. At 12:00 p.m. (noon) on the day before the Capsule Endoscopy exam, start a clear liquid diet.
2. From 10:00 p.m. the evening before the Capsule Endoscopy exam, do not eat or drink anything except a sip of water with your medications.
3. Do not apply any lotion to your abdominal skin at least 12 hours before the procedure time.
4. Abstain from smoking 24 hours prior to undergoing the Capsule Endoscopy exam.

## The day of Capsule Endoscopy

1. Do not take any medication 2 hours before having the exam.
2. Wash the skin with soap as close to the procedure as possible.
3. Wear loose-fitting, two-piece clothing that is dark or opaque, which allows you to expose approximately 4 inches above and below your navel.
4. Do not wear a belt.
5. Do not apply any medication patches or pumps on the area in which the link device will be applied.
6. Do not wear lip balm or lipstick.
7. Upon arrival you will check in at the Surgery Center entrance at the back of the hospital on \_\_\_\_\_ at \_\_\_\_\_.

## After Swallowing the PillCam Genius SB Capsule

*Important: Contact your doctor's office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.*

1. You may drink clear, colorless liquids starting **2 hours** after swallowing the PillCam Genius SB capsule.
2. You may have a light snack **4 hours** after ingestion.
3. You may resume your normal diet **6 hours** after ingestion.

4. Be sure the link device remains securely attached to your abdomen for the duration of your procedure.
5. Avoid strong electromagnetic fields such as MRI devices or amateur radios after swallowing the capsule and until you pass it in a bowel movement.
6. You may remove the link device **8 hours** after ingestion. You may feel the link device vibrate and hear an audible tone.
7. Treat the PillCam Genius link device carefully. Do not take a bath / shower, avoid swimming, and heavy activity. Avoid any physical activity or sport that involves sweating, bending, or stooping.

**After Completing the PillCam Genius SB Capsule Endoscopy Procedure**

1. Remove the link device from your abdomen by peeling the adhesive layer away from the skin.
2. Fold in half so the two adhesive surfaces touch each other.



*Figure 1 folding the link device.*

3. Insert the link device into the anti-static bag provided.
4. **Return the link device to the Surgery Department on \_\_\_\_\_.**

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 evaluation.

Undergoing an MRI while the PillCam capsule is inside your body may result in damage to your intestinal tract or abdominal cavity. If you are not certain the capsule is out of your body, contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.

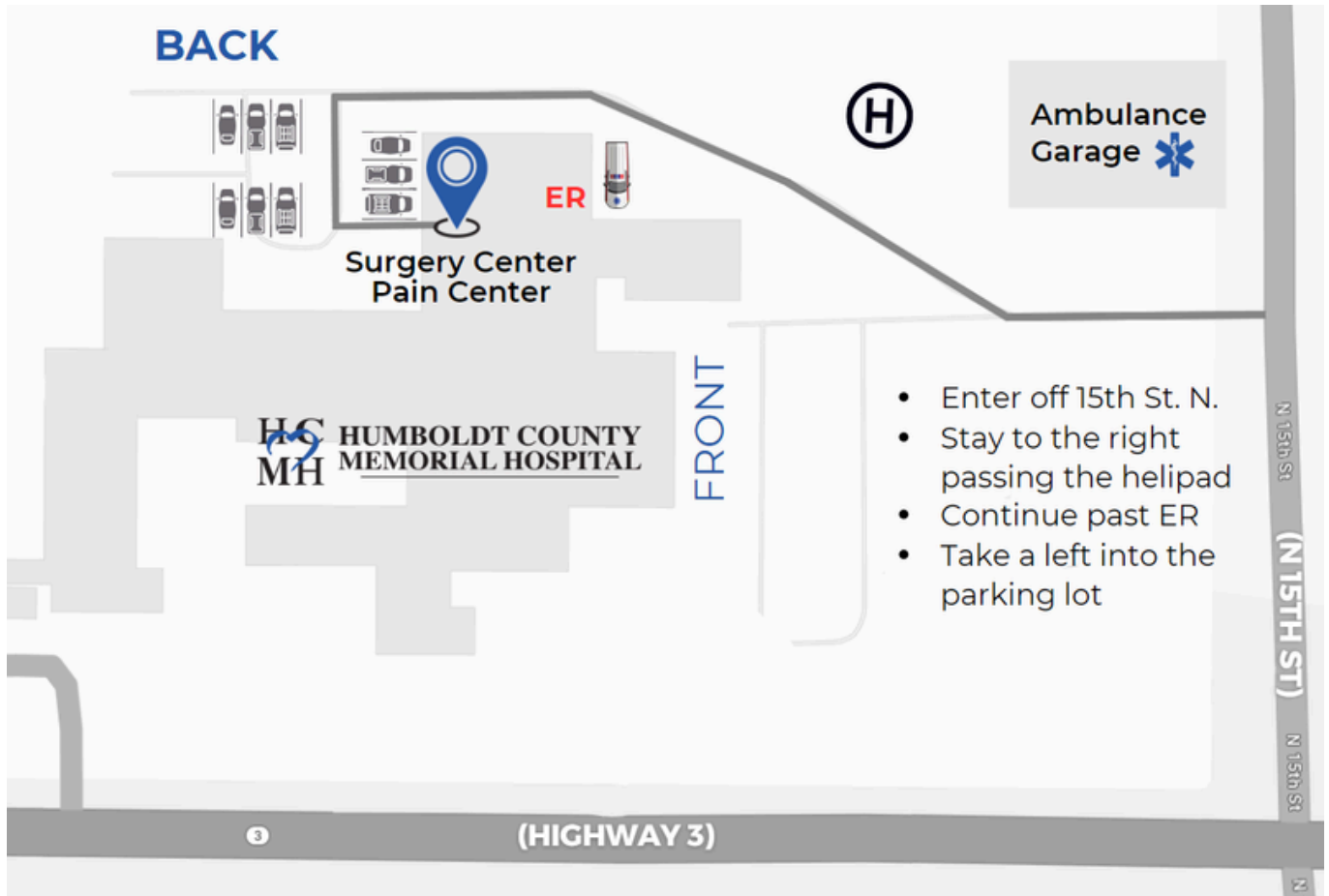
**Capsule Endoscopy Procedure Log**

<b>Time</b>	<b>Event</b>
	PillCam capsule ingestion
	Begin clear liquids (2 hours)
	Light snack (4 hours)
	Resume normal diet (6 hours)
<b>If you have any questions please contact the Surgery Department at 515-332-7669.</b>	

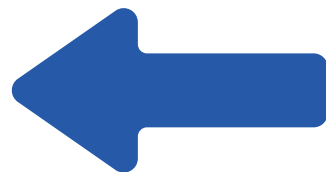
**Please see below for a map to the Surgery Entrance**



## WHERE TO PARK



To the left is a picture of our entrance (located on the back side of the hospital).



If you get lost or have questions **please call us at 515-332-7669.**