

Preparing for your SB Capsule Endoscopy

Your physician has determined that as part of your medical evaluation you should undergo an examination known as SB capsule endoscopy. This procedure involves ingesting a small pill that is a camera which will pass naturally through your digestive system while taking pictures of the intestine. The images will be saved to a data recorder which is located in a belt worn around your waist. After 8 hours, you will remove the belt and return it to your physician for processing. The PillCam is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this examination, you need to follow the instruction below.

There are 2 over the counter medications you must purchase in preparation of your study. They can be found at most drug stores. You will need to buy 1 bottle of Magnesium Citrate and Simethicone (Gas X) tablets.

The Day Before Capsule Endoscopy

1. After lunch on the day before your exam, start a clear liquid diet, as listed below.
2. At 3 p.m. the day before your exam, drink one bottle of Magnesium Citrate.
3. From 10 p.m. the evening before your exam, do not eat or drink except for necessary medication with a sip of water.
4. Abstain from smoking 24 hours prior to your exam.

CLEAR LIQUID DIET includes the following items:

Coffee, water or decaffeinated coffee (**no milk or cream**)

Tea or herbal tea

Carbonated beverages (soft drinks) regular and sugar-free

Gelatin dessert, plain or fruit flavored – **no red or green please!**

Apple juice, grape juice, cranberry juice **without pulp**

Gatorade, kool-aid, lemonade, limeade

Clear, fat-free beef or chicken broth

Bouillon, clear consomme[?]

Snowballs (water-ice, flavored), popsicles, coke icees

Hard candy, sugar, salt

Avoid any liquids not listed above. Alcohol is **not** permitted, unless approved by your physician.

The Day of Capsule Endoscopy

1. **Your test is scheduled for (Date) _____ at (Time) _____ at the Ochsner Clinic on Medical Center Drive, Physician Plaza I, 2nd floor.**
2. If you need to take your normal medication the morning of the study, it must be 2 hour prior with a small sip of water.
3. **One hour before study**, take 1 Simethicone 125 mg tablet with a small sip of water.
4. The day of your study, dress in loose fitting, two-piece clothing.
5. You will not be able to eat until four hours after the study begins. You will be able to leave during the 8 hours while the study is in progress.
6. The equipment will need to be returned to the Ochsner Clinic the same day as instructed at the beginning of your study.

For questions or problems, please call the Ochsner Gastroenterology Department at (225)754-3278