



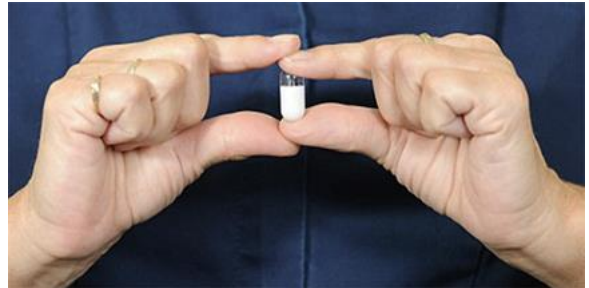
## Preparing for Capsule Endoscopy (Pill Cam)

Welcome! This will guide you through preparing for your upcoming capsule endoscopy, also known as a “Pill Cam” test. This advanced, non-invasive procedure helps your doctor examine your small intestine to diagnose conditions like Crohn’s disease, gastrointestinal bleeding, or celiac disease. Let’s make your preparation simple and stress-free.

Review  
instructions  
1 week before  
exam

### What Is a Capsule Endoscopy?

A capsule endoscopy is a diagnostic procedure in which you swallow a small capsule about the size of a vitamin. The capsule contains a miniature camera, light source, and wireless transmitter. The capsule's exterior features a special slippery coating that makes it remarkably easy to swallow despite its sophisticated internal components.



As the capsule travels through your digestive system, it takes 18 pictures a second, capturing approximately 50,000 high-quality images. These images are wirelessly transmitted to a recording device that you wear comfortably around your waist. The entire process is painless, and you can go about most of your daily activities while the capsule travels through your digestive tract.

### How to Prepare for the Test

Preparation is crucial to ensure clear and accurate images. Follow these instructions carefully:

#### One Week Before the Test

- Stop taking iron supplements, as they can darken the intestinal lining and obscure the camera's view.

#### Three Days Before the Test

- Discontinue vitamin supplements and fiber supplements like Metamucil, Citrucel, or Fibercon. Avoid foods that can linger in your digestive tract, like tomatoes and carrots. No foods with seeds or skins.

#### The Day Before the Test

##### Dietary Restrictions:

- Have a light breakfast.
- Lunch will be your last solid meal before the procedure. Keep it light and avoid foods high in fiber. After lunch, switch to a clear liquid diet. This is crucial for ensuring clear images during the procedure. Clear liquids include water, clear broths, apple juice, white grape juice, clear sodas, and tea or coffee without milk. Avoid red or purple liquids, as they can interfere with the imaging.

##### Laxative Instructions:

- Follow your doctor's instructions to drink the prescribed laxative. This will clear your digestive tract for better imaging.
- Stay Hydrated: Drink plenty of clear liquids to help with the laxative.
- Stop consuming anything—even liquids—after midnight.

### On the Day of the Test

- **NO BREAKFAST.** No food or drink. Take any essential morning medications at least 3 hours before swallowing the capsule, using only a small sip of water.
- Wear comfortable, loose-fitting clothing. A two-piece outfit with a thin, natural-fiber top that reaches your hips is ideal. Avoid applying lotions, powders, or creams to your abdominal area, as these can interfere with the sensor belt's function.
- Arrive at the office on time. The medical team will attach sensors to your abdomen and fit you with a recording device.

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### **What Happens During the Test?**

After swallowing the capsule with a small sip of water, you can go about your day with a few restrictions:

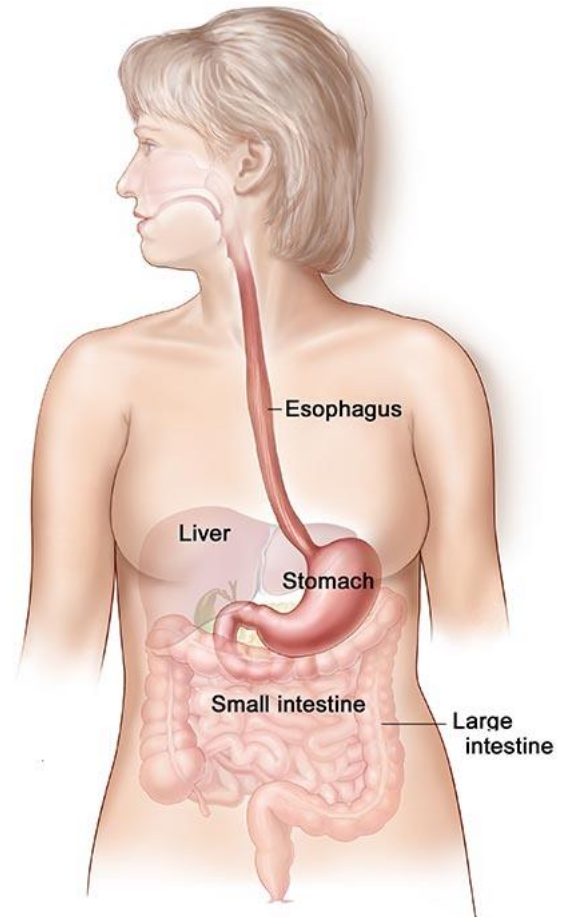
- **Eating and Drinking:** Do not eat or drink for at least 2 hours. After that, you may sip clear liquids. After 4 hours, a light snack is allowed, but avoid leafy greens or heavy meals.
- **Activity Restrictions:** Avoid strenuous activity and frequent bending over, which may interfere with the recording device.
- **Monitor the Recorder:** Check the recorder's light every 15 minutes to ensure it is blinking. If it stops, contact your medical team immediately.

The capsule takes about 8 hours to complete its journey. Avoid electromagnetic fields (e.g., MRI machines) to prevent interference during this time. Return to the office at your scheduled time to remove the sensor and recording device.

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### **After the Test**

The capsule will naturally exit your body in your stool after a few days. No retrieval is necessary, and it can be flushed away. Please inform your doctor if you have not passed the capsule within 3 to 5 days. Avoid having an MRI until the capsule has passed. Your doctor will analyze the images captured by the capsule and share the results within one to two weeks. If you experience abdominal pain, nausea, or vomiting, contact your doctor immediately.



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