

## Patient Instructions for **PillCam Small Bowel Capsule Endoscopy** with SensorBelt

### YOUR EXAM IS SCHEDULED FOR:

Monday     Tuesday     Wednesday     Thursday     Friday

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

Time: \_\_\_\_\_

### LOCATION:

- SUNY Downstate Central Brooklyn**  
University Hospital of Brooklyn  
470 Clarkson Avenue  
Brooklyn, NY 11203  
(718) 270-4788  
Suite A  
Endoscopy Center - Suite H
  
- SUNY Downstate Long Island College Hospital**  
339 Hicks Street (corner of Atlantic Ave.)  
Brooklyn, NY 11201  
(718) 780-1991  
Admitting Office (then proceed to 6th Floor—Endoscopy Suite)  
Subway: 2,3,4,5,J,M,R to Borough Hall or Jay Street  
Buses: B61 or B63
  
- SUNY Downstate Bay Ridge**  
9036 7th Avenue (at 92nd Street)  
Brooklyn, NY 11228  
(718) 567-1464  
Urgent Care Center (then proceed to 6th Floor—Endoscopy Suite)  
Subway: R to 95th Street  
Buses: B70 to 92nd Street and 7th Ave., or  
B12 to B16 to 95th Street, then walk ½ mile

If you have any questions or need to change or cancel your appointment, please call (718) 270-4772 or (718) 270-2283.

**Patient Instructions for  
PillCam Small Bowel Capsule Endoscopy  
with SensorBelt**

*A PillCam small bowel capsule endoscopy enables your doctor to examine your small intestine. You will swallow a vitamin-sized capsule that contains a miniature camera. While the video capsule travels through your body, images are sent to a data recorder that you wear on a belt around your waist. The capsule endoscopy will last approximately 8-9 hours. Afterwards, your doctor will view the images on a video monitor.*

**1 Week Before Your Exam:**

- Discontinue medications containing iron. This includes multivitamins with iron.

**Day Before Your Exam:**

At noon, begin a clear liquid diet (no red, purple or dark-colored liquids):

- Water
- Clear broth or bouillon
- Coffee or tea (without milk or non-dairy creamer)
- Gatorade, Pedialyte or Powerade
- Carbonated & non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices (no pulp)
- JELL-O, popsicles, Italian ices, ice pops and hard candy

**10 Hours Before Your Exam:**

- Stop drinking all liquids, except for necessary medication with a sip of water.

**Day of Your Exam:**

- You may take medications up to 2 hours before your exam with a sip of water.
- We will be placing a belt with sensors across your abdomen. Please wear an upper garment of thin, natural fiber (such as a T-shirt) that is long enough to reach at least hip level.

**After Swallowing the PillCam Small Bowel Capsule:**

- Be sure the SensorBelt is tight at your waist. Do not attach anything to it.
- You may drink colorless liquids starting 2 hours after swallowing the capsule.
- You may eat a light snack 4 hours after capsule ingestion. After the exam is completed you may return to your normal diet.
- Every 15 minutes — Check the blue flashing DataRecorder light to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact your doctor.
- Do not disconnect the equipment or completely remove the DataRecorder at any time during the procedure.
- Treat the DataRecorder with care. Avoid sudden movements or banging of the DataRecorder.
- After ingesting the capsule and until it is excreted, you should not have a Magnetic Resonance Imaging (MRI) examination or be near an MRI device.
- The capsule is disposable and passes naturally with your bowel movement. You should not feel any pain or discomfort during capsule excretion. (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.)

**After Completion of the Exam:**

- Return to the doctor's office to have the equipment removed.
- Or, if instructed to remove the equipment yourself:
  - Remove the SensorBelt and DataRecorder and keep in a safe place.
  - Handle the equipment carefully. Do not expose it to shock, vibration or direct sunlight.
  - Return all equipment to your doctor's office as soon as possible.
- The images acquired during your exam will be downloaded to a computer for physician review. After the doctor has looked at the video, you will be contacted with the results.

Time to return to facility: Emergency contact:	Special Instructions:
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