

PillCam® SB Capsule Endoscopy Instructions

Preparing for your procedure:

- Stop taking iron supplements and any multivitamins five (5) days before.
- You will be at the office for an estimated 15 minutes in the morning and afternoon. You will not need a driver.

The day before your procedure:

- Begin a clear liquid diet (see below) at 12:00 p.m (noon).
- Do not eat or drink anything after 8:00 p.m.

The day of your procedure:

- Do not take any medications two (2) hours prior to your procedure.
- Wear a shirt from natural fibers (such as cotton). The PillCam sensor belt will be applied to your abdomen over your shirt.
- You will wear the belt for eight (8) hours and will need to return to office to have the belt removed by staff by 4:30 p.m.
- You will be able to drink clear liquids two (2) hours after swallowing the capsule and have a light lunch four (4) hours after swallowing the capsule.

Clear Liquid Diet (any or all)

- Broth (fat free)
- Bouillon (fat free)
- Tea (no milk)
- Carbonated beverages
- Coffee (no milk)
- Jell-O
- Gatorade
- Fruit Juices (strained)
- Popsicles
- **Avoid** red and orange coloring during the clear liquid diet.
- **Avoid** cream soups or any liquid with pulp.
- **Avoid** any kind of ice cream or sherbet.

It is important to arrive on time for test to be completed