



## Endoscopic Pill Cam Instructions:

**To ensure a successful exam, please follow all instructions carefully!**

- If you have diabetes, ask your primary care physician or Endocrinologist for diet and medication instructions.
- If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor.
- Please bring a list of all of your current medications, including any over-the-counter medications with you.
- If you must cancel or reschedule your appointment, please call your doctor's office as soon as possible.

### Seven days before your procedure:

- If you take aspirin or NSAIDS such as Advil, Motrin, Celebrex or Ibuprofen, you may continue to take them as usual unless otherwise instructed by your physician.
- If you are taking any form of iron (ferrous sulfate, ferrous gluconate), please stop this one week or seven days prior to your procedure.

### One day before your procedure:

- Stop eating all solid foods no later than 1 PM.
- Clear liquids are acceptable to drink.
- Do not consume any red or purple liquids or alcohol.
- Acceptable clear liquids include: water, tea, black coffee, Apple juice, Ginger ale, Sprite, 7UP, Gatorade, Powerade, Vitamin Water, Crystal Light
- DO NOT DRINK: Anything containing fruit or vegetable pulp/seeds, milk or cream, anything that is NOT clear.

### On the day of your procedure:

- Stop drinking clear liquids 2 hours prior to your exam.
- You may take all of your usual morning medications with 4 oz of water up to 2 hours prior to your procedure.
- Wear upper garment of thin, natural fiber such as a T-shirt that is long enough to reach at least to hip level and will not ride up above the belt.
- Bring a list of all of your current medications, including any over-the-counter medications, with you
- swallowing the capsule and until you pass it in a bowel movement.

### After swallowing the Pill cam SB Capsule:

- You may drink colorless liquids starting 2 hours after swallowing the Pillcam SB capsule
- You may have a light snack 4 hours after ingestion. Once the exam is complete, you can resume your normal diet
- Be sure the Sensor Belt is tight at the waist and do not attach anything to it.
- Check the blue flashing Data Recorder light every 15 minutes to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact your doctor.
- Use the supplied Endoscopy Event Form to note the time of any event such as eating, drinking or a change in your activity. Return the completed Event Form to your doctor at the time you return the equipment.
- Avoid strong electromagnetic fields such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement.

Paul A. Akerman, M.D.  
Pedro M. Barros, M.D.  
Eric P. Berthiaume, M.D.  
William T. Chen, M.D.  
John J. Cribb, M.D.  
Jason D. Ferreira, M.D.  
Angela Fishman, D.O.  
Sheldon Lidofsky, M.D.  
Peter S. Margolis, M.D.  
Philip A. McAndrew, M.D.  
Thomas P. McMahan, M.D.  
Lisa A. Mueller, M.D.  
Ravi V. Nadimpalli, M.D.  
Eric. B. Newton M.D.  
Kevin S. Palumbo, M.D.  
Theodore C. Palumbo, M.D.  
Edward A Pensa, M.D.  
Pranith N. Perera, M.D.  
Joseph D. Pianka, M.D.  
Thomas E. Sepe, M.D.  
Joel S. Spellun, M.D.  
Philip M. Trupiano, D.O.

---

Martha Feldman, APRN  
Bridget Fitzgibbon, APRN  
Mary Fortuna-Silva, APRN  
Colleen Fullerton, APRN  
Virginia Pierce, APRN  
Kristin Skelly, APRN