

Patient Name:

Your study is scheduled for:

at

Arrival Time:

(30 min)

Location: Gateway Hospital
4011 Gateway Blvd
Newburgh, IN 47630

Deaconess Clinic Downtown
421 Chestnut St
Evansville, IN 47713

Midtown Hospital
600 Mary St.
Evansville, IN 47710

Henderson Hospital
1305 N. Elm St.
Henderson, KY 42420

If you cannot keep your appointment, please allow a three-day notice for cancellation.
To cancel or reschedule your appointment, please call the scheduler at 812-426-9545.

IMPORTANT: Please follow all instructions listed on this sheet for your safety. Your procedure could be canceled and rescheduled.

1. **Do not eat or drink after 10pm the day before your study.**
2. Stop certain medications (**listed on second page**)
3. Follow instructions given by your gastroenterologist or on this instruction sheet **ONLY**.

INSTRUCTIONS FOR PREPARING FOR YOUR STUDY

7 DAYS before your procedure

- **Stop** eating fat-free foods that contain "oleine." For example, fat-free potato chips. (read food label to identify)
- If you are pregnant, have trouble swallowing large pills, or have an implantable electronic device [including a pacemaker or implantable cardio-verter defibrillator (ICD)], please contact the office at 812-426-9545 to see if this is the right test for you.

3 DAYS before your study:

- **Stop** taking Laxatives, Iron supplements, Vitamins containing Iron, Maalox, Mylanta, Pepto-Bismol, Carafate, Bulk forming agents (Metamucil, Fibercon, Citrucel, Konsyl, and Colon Care).

1 DAY before your procedure:

1. You may have breakfast and a light lunch. **Stop** all food after lunch.
2. **Stop** ANY LIQUID that is **RED, ORANGE or PURPLE** (in jello, sports drinks, juice, popsicles, etc.)
3. You may continue drinking water and clear liquids including:
 - **Juices without Pulp:** apple, white grape, white cranberry, lemonade
 - **Clear Broth:** chicken, beef or vegetable
 - **Soda:** 7-up, Coke, etc. (including diet)
 - **Other:** black coffee/tea (sugar/sweetener is ok), popsicles, plain jello, sports drinks

6 PM the day before your procedure: Drink MIRALAX solution

1. Mix **one** 32 ounce bottle of Gatorade or Powerade with **119 gram** bottle of Miralax powder.
2. Drink the entire mixture within two hours.

4. **Stop** all clear liquids at **10:00 PM**.

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THE DAY OF your procedure

1. **Stop** all candy, mints, chewing tobacco, smoking of all kinds and chewing gum.
2. Do not apply body lotion or powder to your abdomen. Do not wear lipstick or lip gloss.
3. Wear loose-fitting, two-piece clothing. Do not wear belts, button-up shirts or magnetic jewelry/name tags.
4. **Stop** taking narcotics and anti-spasmodics, as these can delay the emptying of the stomach and intestine and make it difficult to visualize the entire small bowel during the study.
5. **Stop** all medication **TWO hours** prior to the study.
6. Bring this instruction sheet and your total list of medicines with you to the study.

Once you arrive, the staff will ask a few questions and ask you to swallow the pill camera about the size of a large oval vitamin with a small glass of water. The camera will take pictures and send them to a recorder that you will wear close to your body for 8 to 9 hours.

TWO HOURS after swallowing the capsule:

1. You may drink water, 7-Up, Sprite or Sierra Mist

FOUR HOURS after swallowing the capsule:

1. You may have a light snack four hours after swallowing the capsule.
2. You may take your routine medications (except narcotics and anti-spasmodics)

OTHER IMPORTANT INFO:

- The capsule endoscopy will last approximately 8–9 hours. Contact your doctor's office at 812-426-9545 if you experience any abdominal pain, nausea or vomiting during the study.
- You can resume daily activities such as walking, sitting, lying down, driving and returning to work. Please avoid vigorous exercise or other physical activities that may result in your leads or recorder being pulled loose. You may loosen the belt to allow yourself to go to the bathroom, but do not take off the belt.
- Avoid going near MRI machines, radio transmitters, or cars equipped with tire pressure monitoring system (TPMS) until you pass the capsule in a bowel movement. Do not touch recorder or the antenna array leads. Do not remove the leads.
- You may use a computer, cell phone or other electronic devices. Avoid/minimize the following during your study: bringing metal objects to the belt or leads, keyless entry devices, touching belt or leads with a cellphone or laptop, or other direct contact with your belt/leads with wireless electronic devices.
- Treat the recorder carefully and avoid unnecessary banging and bright sunlight.
- There is a patient guidance function that may be used on the recorder unit. The personalized instructions will appear as a text message on the recorder unit, along with a vibration and/or beep. After reading your message simply push "OK."
- Return to _____ at _____ to have the equipment removed.
- The capsule is disposable and will pass naturally in your bowel movement, usually within 24 hours. If capsule has not passed, call 812-426-9545.
- Your physician will interpret the study and contact you with results