About Your Small Bowel (SB) Capsule Endoscopy

What is a Small Bowel Capsule Endoscopy?
This is a test that uses a swallowed “video” capsule to take pictures of the inside of the small bowel (intestine). You will swallow a capsule (the size of a large vitamin pill) which will pass through your digestive system. The capsule will take pictures that are saved in a “recorder” you’ll wear on a belt around your waist. The test will last about 12 hours. The capsule is disposable and will be passed naturally in your bowel movement.

Day before your test
Your doctor will tell you what you should eat, what medication you should take and if any special preparation is needed.

Day of your test
• Dress in loose fitting, two-piece clothing. A soft, thin t-shirt that reaches to your hip and does not ride up above the belt works best.
• Before your test, we will ask you some questions, explain the test further, and answer any questions you have.
• The recording device will be connected to a belt that you will wear. Once you are wearing the belt, we will ask you to swallow the capsule.

After you swallow the capsule
• Do not eat or drink anything for 2 hours.
  – After 2 hours you may drink colorless liquids.
  – After 4 hours you may have a light lunch and any medications you need to take.
  – After the test is over, you may return to your normal diet.
• Call your doctor right away if you have abdominal pain, nausea or vomiting during the next 12 hours while the test is going on.
• Until the capsule passes in your bowel movement, do not go near any powerful electromagnetic fields. Examples: MRI devices, amateur (ham) radios, and arc welding equipment. These can cause the pictures to be lost and the test will need to be done again.

What you should know about the recorder:
• Do not disconnect the recorder or remove the belt during the 12 hours the test is going on.
• The recorder is a small computer, and should be protected. Avoid sudden jarring movements or getting the recorder wet.
• Check the recorder every hour to make sure the small light on top is blinking twice per second. If it stops blinking at this rate, record the time and contact GI Services as instructed.
• Avoid any intense physical activity or extra bending or stooping while wearing the recorder.

When your test is over
• You will be told when and where to return the equipment at the end of the test. Handle the equipment carefully.
• You will be able to drive yourself home.
• You may return to your normal activities and normal eating.
• Over the next 24 to 72 hours, watch for the capsule to pass in your bowel movement. If you do not see it pass and you have any unexplained nausea, vomiting, or abdominal pain, call your doctor.
• Having an MRI while the capsule is inside you can cause harm to your body. If you are scheduled for an MRI and did not see the capsule pass from your body, tell your doctor before you have the MRI.

Call your doctor if you have any of these symptoms after the test:
• Inability to swallow
• Chills or fever
• Chest pain
• Severe abdominal pain or bloating

Always call your doctor with any questions or concerns.
SB Capsule Endoscopy

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>PillCam SB Capsule ingestion</td>
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<tr>
<td></td>
<td>May have clear liquids</td>
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<tr>
<td></td>
<td>May have light lunch (half your normal amount) and medications</td>
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<tr>
<td></td>
<td>Removal of recorder</td>
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</tbody>
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Whom to call in case of need ___________________________ Time to return to facility _____________

Capsule will pass in 24-72 hours. **Do not return capsule; it can be flushed.**