

Patient Instructions For



Capsule Endoscopy

Your physician has determined that as part of your medical evaluation you should undergo an examination known as Capsule Endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) Given® Imaging Pillcam® Capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the SensorArray™, which is a belt that is placed over your abdomen on top of your clothing. The SensorArray™ is attached to a walkman-like Given® DataRecorder™ which saves all the images. It is located in the RecorderBelt™, which is worn around your waist. After 8 hours, you will return to the office to have the RecorderBelt™ removed. The Pillcam® Capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:

The Day before Capsule Endoscopy

Purchase at pharmacy in advance: 1 Reglan tablet (prescription given to you) and 1 bottle MiraLax OTC (119 gm)

1. The entire day before the Capsule Endoscopy examination you will need to be on a clear liquid diet. At 2:30 p.m. take 1 Reglan tablet. At 3 p.m. mix bottle of MiraLax (119 gm) and 32 oz. of Gator Ade or Crystal Light and drink 8 oz. every 15 minutes until gone. From 10 p.m. the evening before Capsule Endoscopy, do not eat or drink except for necessary medication with a sip of water.
2. Do not take any medication beginning 2 hours before undergoing Capsule Endoscopy.
3. Abstain from smoking 24 hours prior to undergoing Capsule Endoscopy.

Day of Capsule Endoscopy

1. Arrive at your physician's office at the prescribed time for your Capsule Endoscopy.
2. At your physician's office, you will have a pre-procedure interview. During this interview you should be informed that Capsule Endoscopy is associated with a small chance of intestinal obstruction. You will be checked-in and asked to give your informed consent.
3. The SensorArray™ belt will be placed over your clothing and connected to the Data Recorder™, which will save all the images. You will then be instructed to ingest the Pillcam® Capsule.

After Ingesting the Pillcam® Capsule

1. After ingesting the Pillcam® Capsule, do not eat or drink for at least 2 hours. After 2 hours you may have clear liquids and take your medication (do not start your iron until the day after the test). After 4 hours you may have a light snack. After the examination is completed, you may return to your normal diet. The above instructions related to eating apply, unless your physician specifies otherwise. Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during Capsule Endoscopy.
2. After ingesting the Pillcam® Capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio.
3. Occasionally, some images may be lost due to radio interference (e.g. from amateur radio transmitter, MRI, etc.). On rare occasions this may result in the need to repeat the Capsule Endoscopy examination. In this case, the physician will advise you to stay within the premises of the clinic during the Capsule Endoscopy to prevent this problem from recurring.

4. Capsule Endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder™ is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder™.
5. During Capsule Endoscopy, you will need to verify every 15 minutes that the small light on top of the DataRecorder™ is blinking twice per second. If, for some reason it stops blinking at this rate, record the time and contact your physician. You should also record the time and nature of any event such as eating, drinking, your activity and unusual sensations. Return the Event Form with these notes to your physician at the time you return the equipment.
6. Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during Capsule Endoscopy.

After Completing Capsule Endoscopy

1. You will be instructed by your physician on how to return the equipment at the end of Capsule Endoscopy.
2. The DataRecorder™ stores the images of your examination. Handle the DataRecorder™, RecorderBelt™, SensorArray™ and Battery Pack carefully. Do not expose them to shock, vibration or direct sunlight, which may result in loss of information. Return all of the equipment to your physician's office as soon as possible.
3. If you did not positively verify the excretion of the Pillcam® Capsule from your body, and you develop unexplained post procedure nausea, abdominal pain or vomiting, contact your physician for evaluation and possible abdominal X-ray examination.
4. Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the excretion of the Pillcam® Capsule from your body, you should contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.

Time to return to facility: 3:45 p.m.

Special instructions: **IF YOU ARE TAKING AN IRON SUPPLEMENT, YOU MUST STOP THIS 5 DAYS PRIOR TO THE TEST.**

SAMPLE MENU

Breakfast

strained fruit
juice 1 cup
gelatin 1/2 cup
hot tea with
sugar & lemon

Lunch

consommé 3/4 cup
strained fruit
juice 1 cup
fruit ice 1/2 cup
gelatin 1/2 cup
hot tea with
sugar & lemon

Dinner

consommé 3/4 cup
strained fruit
juice 1 cup
fruit ice 1/2 cup
gelatin 1/2 cup
hot tea with
sugar & lemon

THIS SAMPLE DIET PROVIDES THE FOLLOWING

Calories.....	660	Fat.....	virtually none
Protein.....	6 gm	Sodium.....	1500 mg
Carbohydrates.....	209 gm	Potassium.....	1440 mg

SPECIAL INSTRUCTIONS

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CLEAR LIQUID DIET



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CLEAR LIQUID DIET

PURPOSE

A diet of clear liquids maintains vital body fluids, salts, and minerals; and also gives some energy for patients when normal food intake must be interrupted. Clear liquids are easily absorbed by the body. They reduce stimulation of the digestive system, and leave no residue in the intestinal tract. This is why a clear liquid diet is often prescribed in preparation for surgery, and is generally the first diet given by mouth after surgery. Clear liquids are given when a person has been without food by mouth (NPO) for a long time. This diet is also used in preparation for medical tests such as sigmoidoscopy, colonoscopy, or certain x-rays.

NUTRITION FACTS

A clear liquid diet is not adequate in calories and nutrients. It should not be used for more than five days unless high-protein gelatin or other low-residue supplements are added.



SPECIAL CONSIDERATIONS

1. Limitations

The physician may limit certain liquids, depending on the patient's condition, or the surgery or test being performed. Therefore, individual instructions should be strictly followed.

2. What is a *clear liquid*?

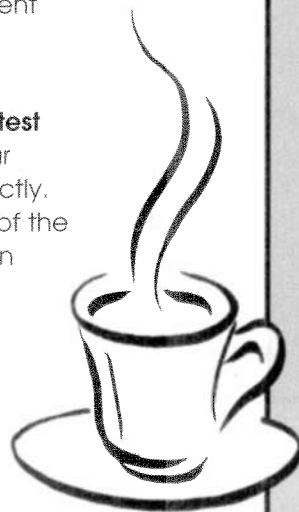
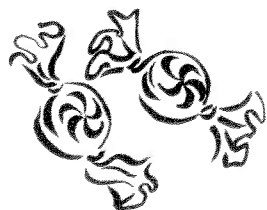
A good rule-of-thumb is anything you can see through. For example, apple juice is a clear liquid; milk is not. If unsure, check with the physician or registered dietitian.

3. After surgery and fasting

Should persistent abdominal cramps or discomfort occur with a clear liquid diet, the patient should notify the physician, nurse, or dietitian at once.

4. Preparing for a medical test

It is important that the clear liquid diet be followed exactly. Remember that the value of the examination will depend on getting a thoroughly clean digestive tract.



FOOD GROUPS

Group	Recommend	Avoid
Milk & milk products	none	all
Vegetables	none	all
Fruits	fruit juices without pulp	nectars; all fresh, canned, and frozen fruits
Breads & grains	none	all
Meat or meat substitutes	none	all
Fats & oils	none	all
Sweets & desserts	gelatin, fruit ice, popsicle without pulp, clear hard candy	all others
Beverages	coffee; tea; soft drinks; water; lactose-free, low residue supplements if approved by physician	all others
Soups	bouillon, consommé, fat free broth	all others