

## Pillcam

### Patient Instructions for Undergoing Capsule Endoscopy (Pillcam)

Do you have any swallowing difficulties? Yes  No

If Yes, please advise our staff before proceeding.

#### FIVE DAYS BEFORE STOP IRON TABLETS ON THE DAY BEFORE THE EXAMINATION

You are advised NOT to smoke for 24 hours before the test.

After 12.00 midday you must not eat any more solid food. You must drink **ONLY** approved clear fluids such as water, apple or pear juice, lemon or lime jelly, tea or coffee (low fat milk only, **NO latte/cappuccino**) Bonox, Lucozade, lemonade, clear fruit cordials, clear broth.

- Please avoid red, blue or purple coloured drinks or jelly.
- You may suck barley sugar.
- You may take necessary medication with water.

#### At 5 PM

Mix the sachet of Picoprep in a glass of warm water and stir until dissolved. Chill if desired, drink. This should be followed by 2 glasses of water.

Have at least 1 glass of approved clear fluid every hour until 10pm, then after this time fast.

The bowel preparation may give you diarrhoea.

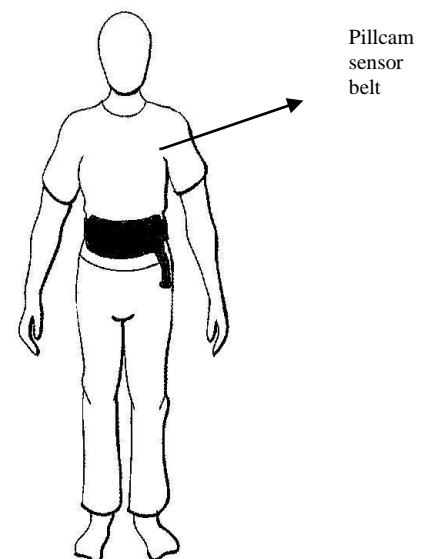
#### ON THE DAY OF THE EXAMINATION

Please wear an upper garment of thin cotton that is long enough to reach at least hip level (synthetic material is not suitable)

Do not take any medication 2 hours before the test.

Arrive at the Digestive Health Centre fasting, at 7.45am on .....

and report to the reception desk. Please allow **30 minutes** for the data recorder to be attached.



## Patient Instructions: On Day of Pillcam

1. You must not eat or drink anything for two hours after swallowing the capsule. You may then start drinking **clear** liquids.
2. You may eat a **light** meal 4 hours after swallowing the capsule and take your medications.
3. Do not exercise and avoid heavy lifting. You may walk, sit and lay down. You can drive a car. You may return to work, if your work allows avoiding unsuitable environments and/or physical movements.
4. The belt contains a battery pack and data recorder which are joined together with wires, it would be wise to avoid public places such as airports and railway stations where security is monitored.
5. Avoid going near MRI machines and radio transmitters. You may use a computer, radio, stereo, or mobile phone. If you are having an MRI at any time in the near future you **must** discuss this with your Gastroenterologist first
6. Do **NOT** stand near another patient undergoing capsule endoscopy.
7. Do **NOT** touch and do **NOT** remove the sensor belt.
8. Do **NOT** get the sensor belt wet.
9. Do **NOT** go to any shopping centres as they may be on the same frequency as the data recorder, thus conflicting with your procedure.
10. Observe the LED light on the data recorder at least every 15 minutes. If the light stops blinking blue, document the time and call our office on: **03 9791 8788**.
11. Return to the office at **3.45pm** to have the equipment removed.

### Are there any risks to me?

There is a small risk that the capsule could become stuck in the small bowel. This is uncommon, the estimated risk is 1 in 200. Surgery may be required to remove a retained (stuck) capsule. An X-Ray may be requested one to two weeks after the test if the capsule is not seen on the video images to enter the large bowel. Capsules should be flushed away.

If you have a fever, trouble swallowing or increasing chest or abdominal pain, you should contact your doctor immediately.

On rare occasions technical problems or capsule retention in the stomach may mean a repeat procedure needs to be performed.

### How Will I Know the Results of the Pillcam?

After you return the equipment, the information from the data recorder will be processed and assessed. Contact your local doctor for the results within 2 weeks, unless a follow up appointment has been prearranged with the gastroenterologist after this procedure.

DR. DAVID RUBINSTEIN DR. WAYNE FRIEDMAN DR MALCOLM BARNES

Version	Date	Author	Description
1	22/07/2014	DON	Initial ISO Document
2	26/08/2016	S. Terlato	Updated with swallowing difficulties question
3	09/09/2016	ADON	Update following BOM
4	07/09/2017	ADON	Changed prep to Picoprep
5	30/05/2018	DON	Altered first paragraph for easy reading