



Pillcam

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. A follow up appointment will be pre arranged with the gastroenterologist after this procedure to advise you of the results.

Patient Instructions: Prior to Pillcam

Do you have any swallowing difficulties? Yes ☐ No ☐

If Yes, please advise our staff before proceeding.

FIVE DAYS BEFORE THE PILL CAM STOP IRON TABLETS

Date: _____

Patient Instructions: Day before Pillcam

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 approved clear fluid.

Have at least 1 glass of approved clear fluid every hour until 10pm.

Fasting from 10pm.

The bowel preparation may give you diarrhoea.



Patient Instructions: Day of Pillcam

ARRIVAL TIME: _____ DATE: _____

Please allow **30 minutes** for the data recorder to be attached.

RETURN TIME: _____

CLOTHING

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

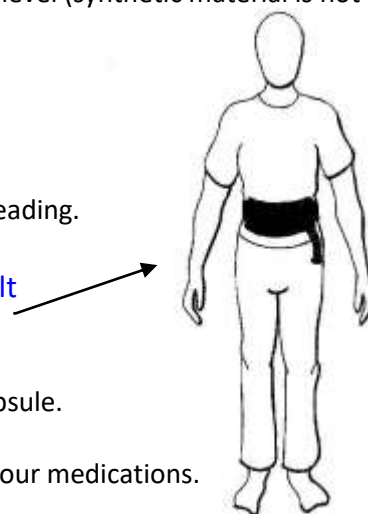
MEDICATIONS

Do not take any medication within 2 hours before the test.

DIABETIC PATIENTS

Please take your blood sugar reading before arriving. Please advise our nurse of the reading.

Pillcam Belt



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. (eg; White bread sandwich with ham & cheese or white rice & plain tuna).
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. If you are planning to have an MRI within 2 weeks following your Pillcam, please discuss with the radiologist first.
6. You may use a computer, radio, stereo and mobile phone.
7. Do **NOT** stand near another patient undergoing Pillcam.
8. Do **NOT** touch and do **NOT** remove the sensor belt.
9. Do **NOT** get the sensor belt wet.
10. Do **NOT** go to any shopping centres as they may be on the same frequency as the data recorder, thus conflicting with your procedure.
11. Observe the blue 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**.

Version	Date	Author	Description
5	30/05/2018	DON	Altered first paragraph for easy reading
6	01/04/2019	DON	Provided examples for light meals and updated points 5 & 6 of patient instructions: day of Pillcam – involved consumer focus group
7	10/09/2021	BOM/DON	Reviewed – no changes
8	09/09/2023	DON	R/V No changes
9	22/02/2025	DON	Reviewed no changes