

# **Patient Instructions for Undergoing SB Capsule Endoscopy**

Your physician has determined that as part of your medical evaluation you should undergo an examination known as Small Bowel Capsule Endoscopy. This procedure involves ingesting a small **PillCam Capsule** (the size of a large vitamin pill) which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the SensorArray belt which is placed on your abdomen. The SensorArray belt is attached to a walkman-like DataRecorder which saves all the images. It is located in the RecorderBelt, which is worn around your waist. After 8 hours, you will remove the RecorderBelt and return it to your physician for processing. The PillCam SB 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:

## **FIVE DAYS BEFORE CAPSULE ENDOSCOPY....DISCONTINUE IRON**

## **THREE DAYS BEFORE CAPSULE ENDOSCOPY....DISCONTINUE CARAFATE**

### **The Day before Capsule Endoscopy**

1. After lunch (no later than noon) start a clear liquid diet
  - \*\*Water, chicken broth, apple juice, tea (no milk)
  - \*\*Please drink plenty of liquids (nothing red or purple)
2. After 10pm do not drink anything
3. Abstain from smoking 24 hours prior to undergoing SB capsule endoscopy.
4. Medications can be taken with a small amount of water in the evening

### **Day of Capsule Endoscopy**

1. Do not apply any lotion or creams to the abdominal area.
2. Wear loose fitting, two piece clothing for the procedure.
3. Do not take any medication in the morning before you arrive at the office.
4. At your physician's office, you will have a pre-procedure interview. During this interview you should be informed that SB capsule endoscopy is associated with a small chance of intestinal obstruction. You will be checked-in and asked to give your informed consent.
5. It is important to move during the procedure, so please make sure to walk around throughout the day, especially during the first 2 hours. Avoid any strenuous physical activity.
6. For the first 2 hours after ingesting the SB Capsule do not eat or drink anything.
7. After 2 hours you can take your medication and resume a clear liquid diet (nothing red or purple).
8. After 4 hours you can have a light lunch.
9. Return to the office at 4:30pm or designated time and at this time you can resume your normal diet.
10. Throughout the 8 hour test, please verify that the blue light is flashing every hour (if it isn't flashing, call the office immediately).
11. Do not disconnect any of the equipment during the 8 hour period.
12. Avoid being near MRI machine during the procedure. No MRI test for 2 weeks after the procedure, unless you are sure the capsule has passed.

**PLEASE CONTACT YOUR PHYSICIAN IMMEDIATELY IF YOU EXPERIENCE ABDOMINAL PAIN, NAUSEA, OR VOMITING**

## **CLEAR LIQUID DIET: All the following that are NOT colored Red or Purple**

Strained fruit juices, without pulp (apple, white grape, lemonade) water, chicken or beef broth, Gatorade, carbonated and non-carbonated, clear soft drinks, Kool-Aid, (and other fruit flavored drinks) plain Jell-O, ice ossicles

FOOD TO AVOID on the day of the prep and on the day of your procedure: fruits, vegetables, nuts, corn, milk products, meats, bread, cereal and alcohol.

### **CLEAR LIQUID DIET**

#### **FOOD LIST**

#### **NO RED OR PURPLE COLORED JUICE, GELATIN OR GATORADE**

Food Group	Foods Allowed	Foods to Avoid
Beverage:	Clear fruit juices (such as, apple, white grape) Clear coffee or tea Gatorade Lemonade Water	All others Milk and cream
Dessert:	Clear flavored gelatin, ossicles	All others
Soup:	Clear broth or bouillon	All others
Sweets:	Sugar, honey, hard candy	All others

#### **MENU EXAMPLE:**

Breakfast	Lunch	Dinner
1 cup clear juice 1cup broth or bouillon 1 cup Gatorade coffee or tea (no milk or cream) water/	1 cup broth or bouillon 1 cup Gatorade 1cup gelatin coffee or tea (no milk or cream) water hard candy	1 cup broth or bouillon 1 cup clear juice 1 cup gelatin coffee or tea no milk or cream) water hard candy

#### **Snacks:**

1cup clear juice  
1 cup broth or bouillon  
1 cup gelatin  
1 cup lemonade  
water  
hard candy

## BILLING INFORMATION

We accept and participate with many insurance companies. **HOWEVER**, there are many different policies and plans within each company.

**Please remember that your insurance policy is a contract between you and your insurance company.** You are responsible for all balances determined by your insurance company. It is your responsibility to check with your insurance company for determination of benefits.

### OTHER BILLING INFORMATION:

If you have a HMO or PPO insurance plan that requires a referral from your primary care physician and you want us to bill your insurance - YOU must obtain a referral. (Medicare and most Blue Shield and private insurances DO NOT need referrals.)

**Most** of the insurance companies **do not need** to have the Small Bowel Capsule Endoscopy **PRECERTIFIED**. You need to check with your plan if you are not sure if precertification is needed since we do not routinely precertify this procedure. If you know for sure we need to do this, just give us the information needed and we will be happy to do this for you. (Medicare, First Priority Health, First Priority Life and Medicaid Plans definitely do **NOT** need precertification.)

**IF WE ARE BILLING YOUR INSURANCE, PLEASE READ ALL THE INFORMATION ABOVE.**