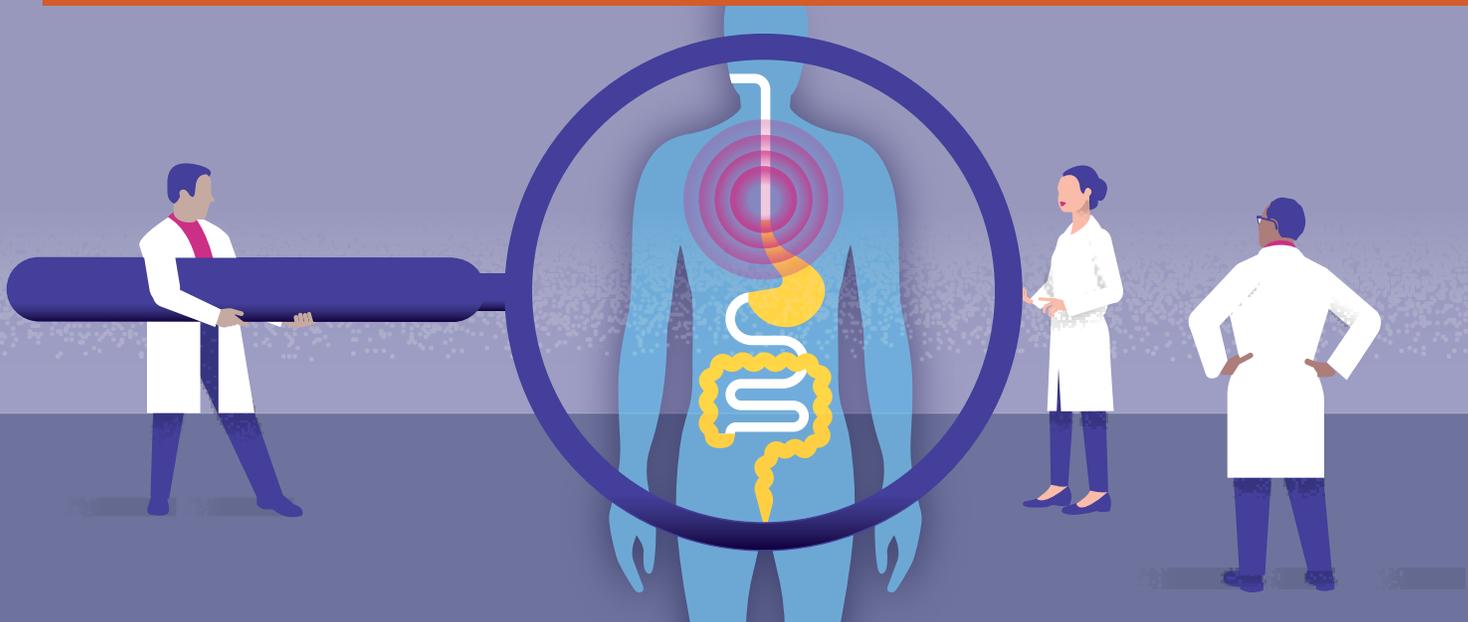


# Capsule Endoscopy (PillCam™) Test Preparation Instructions



- DISCUSS MEDICATIONS** and any health conditions you have with your doctor. Your doctor will provide instructions for how to appropriately adjust your medications prior to your test. Instructions may include the following changes:
- If you are diabetic, your medications might need to be adjusted. Please consult your prescribing doctor.
  - Take scheduled medications at least **3** hours prior to your test with a small amount of water.
  - You might need to stop taking certain medications for this test. Please read below for details.



- SCHEDULE** your Capsule Endoscopy. Please **call our office at 310-206-6279** to schedule your Capsule Endoscopy, if it was not scheduled for you at your clinic appointment. **DO NOT SCHEDULE ANY OTHER MEDICAL PROCEDURES ON THE SAME DAY AS YOUR CAPSULE ENDOSCOPY BECAUSE THE TEST CAN TAKE UP TO 8 HOURS.**



**LOCATION** Your capsule endoscopy will be performed at the selected location listed below:

- UCLA Medical Center  
100 UCLA Medical Plaza  
100 UCLA Medical Plaza #205  
Los Angeles, CA 90095**  
Date \_\_\_\_\_  
Time \_\_\_\_\_  
(Please check in 15 minutes before procedure time)

- UCLA Medical Center  
200 UCLA Medical Plaza  
200 UCLA Medical Plaza #320  
Los Angeles, CA 90095**  
Date \_\_\_\_\_  
Time \_\_\_\_\_  
(Please check in 1 hour before procedure time)

## IF YOU ARE ON ANY MEDICATIONS LISTED BELOW, PLEASE FOLLOW THESE INSTRUCTIONS:



### 7 DAYS BEFORE YOUR TEST STOP TAKING

- Oral iron



### 1 DAY BEFORE YOUR TEST STOP TAKING

- **Pepto-Bismol**
- **Liquid Antacids** - This includes, but is not limited to Maalox and Mylanta.



### THE DAY BEFORE YOUR TEST

- Do not drink red or purple-colored liquids.
- At 2 pm start a clear liquid diet. From this point on, you should not eat anything except for clear liquids.

#### CLEAR LIQUIDS INCLUDE:

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated and non-carbonated soft drinks or sports drinks
- Store-bought and >99% fat-free broth (chicken, beef, vegetable, or bone broth)
- Popsicles or gelatin (such as Jell-O)
- Coffee or tea (without milk or cream)

Do not consume any red or purple-colored liquids.



### THE NIGHT BEFORE YOUR TEST do not eat or drink anything after midnight.



### THE MORNING OF YOUR TEST

- Take your usual morning medications (including blood pressure medications), at least 3 hours prior to your procedure with a small amount of water. Do not eat, drink, or smoke. (Remember to continue to hold the medications mentioned above.)
- Wear 2 loose-fitting tops that are not see-through and are long enough to reach hip level.
- Arrive 15 minutes prior to your appointment time to check in. Make sure you bring your insurance information with you.
- Bring a list of any medications you may be on.



## DURING THE TEST

- We will place a belt around your lower abdomen over the 1st top that you are wearing. This will need to remain in place for the duration of the study. You may wear the 2nd top over the belt.
- We will also have you wear a recording device that will need to stay in place for the test. (Please treat the equipment with care, so that it does not get damaged.)
- You will be instructed to swallow the capsule with a cup of water. The capsule is the size of a large pill.
- After you swallow the capsule:
  - You may leave the office, but you **must return to our office at 4 pm**, if not sooner, to return the equipment. If the equipment turns off or the blue light on the recorder stops flashing, you can return to the office sooner.
  - **Every 15 minutes** you will need to check to make sure there is a blinking blue light on the recorder. If it stops blinking or changes color, return to our office and let us know what time it stopped blinking.
  - **Walk** for 5-10 minutes at a time every 20-30 minutes, so that the capsule can move through your digestive tract.
  - **2 hours after** swallowing the capsule, you may drink clear liquids.
  - **4 hours after** swallowing the capsule, you may resume your usual diet. Do not eat or drink anything that is red.
  - **Avoid the following:**
    - Strenuous physical activity and do not bend or stoop during the test.
    - Electromagnetic fields such as MRI devices or ham radios after swallowing the capsule until you pass it with a bowel movement.
    - Sleeping during the test.

## WHAT IS THE WIRELESS CAPSULE ENDOSCOPY AND WHAT CAN I EXPECT DURING THE TEST?

### CAPSULE ENDOSCOPY

Capsule endoscopy uses a small camera that fits inside a capsule that is about the size of a large pill. The camera takes pictures of the small intestine which is normally beyond the reach of regular endoscopes. After the capsule is swallowed, it begins to take pictures of the digestive tract at regular intervals. The picture data is delivered to a recording device (belt and recorder) that is worn continuously during the study. The study can take up to 8 hours. At the end of the test, the equipment is returned and the data are uploaded to a computer for review by a physician.

The capsule is disposable and will be excreted naturally with a bowel movement. Rarely, the capsule may not be excreted naturally, in which case it will need to be removed either endoscopically or by surgery.

Capsule endoscopy can be used to identify sources of blood loss from the GI tract, tumors or polyps of the small bowel, and assess for inflammatory conditions such as Crohn's disease.

Capsule endoscopy should not be performed in patients with bowel obstruction, patients that are pregnant, and in patients who have a pacemaker or defibrillator. Please inform the scheduling department if you have any of these conditions.

A signed consent is required for the capsule endoscopy procedure.

