

BEEBE GASTROENTEROLOGY LEWES # 302-645-9325

33663 Bayview Medical Dr. Lewes, DE. 19958

PILLCAM STUDY INSTRUCTIONS

Read all instructions a few days prior to your appointment. If you are a diabetic, discuss this with the doctor who manages your diabetes as your medication should be adjusted accordingly.

DAY BEFORE APPOINTMENT: _____

1. Starting at 12:00 noon, begin a clear liquid diet. You may have Jell-O (no red), clear apple juice, ginger ale, 7-up, broth, bouillon, tea and coffee (no cream). DO NOT eat solid food.
2. At 6:00pm the night before the procedure, take a capful of MiraLAX (polyethylene glycol). (One capful= one packet).
3. At 8:00pm the night before the procedure, take another capful of MiraLAX (polyethylene glycol). (One capful= one packet. You may or may not have a bowel movement after taking MiraLAX.
4. **Nothing to eat or drink after midnight 12:00pm.**

DAY OF CAPSULE STUDY: _____

- Do not eat, drink or take any pills.
- Dress in loose fitting clothing that covers your stomach. A belt will be placed on your waist on top of your clothing and will be connected to a data recorder that is worn across your chest.
- Arrive at the office at 8:00am.
- You will be asked to ingest (swallow) a capsule that is the size of a vitamin pill.

AFTER SWALLOWING THE CAPSULE: CONTACT THE OFFICE IMMEDIATELY IF YOU SUFFER FROM ANY ABDOMINAL PAIN, NAUSEA OR VOMITING DURING THE CAPSULE STUDY.

You should not be near any source of powerful electromagnetic fields such as MRI devices or amateur (ham) radio.

- At 10:00am, you may have clear liquids.
- At 12:00 noon, you may eat lunch and take your daily pills.

Do not disconnect the equipment or remove the belt at any time during the day. Treat the equipment with care and avoid sudden movement and banging of the equipment. If you have a bowel movement at any time throughout the day, note if the pill is in your stool but you need not search for it. Return to the office @ 4pm to have the equipment removed. If you did not positively verify the capsule in your stool and are scheduled for an MRI, please do not have it done until you call our office.

