

DDA | DIGESTIVE DISEASE ASSOCIATES

PILLCAM PREPARATION INSTRUCTIONS

Date: _____ Time: _____

Stop taking iron supplements (such as Ferrous Sulfate, Ferrous Gluconate, Niferex), any multi vitamins with iron, and avoid taking pepto-bismol one week prior to your capsule endoscopy

Day Before Capsule Endoscopy:

- Follow a clear liquid diet starting at **noon**
- Do not apply any lotion to your abdominal skin at least 12 hours before procedure time

Day of Capsule Endoscopy:

- NOTHING BY MOUTH - except your morning medications at 8 am
- Wear loose-fitting clothing - the link device will be applied below your navel, underneath your clothes
- Do not wear a belt
- Do not apply any medication patches or pumps on the area in which the link device will be applied (area below navel)
- You will be given a dose of Simethicone in the office prior to your procedure
- Arrive at the Branford office (1224 Main Street) at 11AM to have the link device applied and to swallow the PillCam

After Swallowing the PillCam Capsule:

- Two hours after swallowing the capsule, you may have clear liquids
- Four hours after swallowing the capsule, you may have a light snack. Example: scrambled eggs, toast, chicken noodle soup with crackers
- Six hours after swallowing the capsule, you may return to a normal diet
- Treat the link device carefully. Do not take a bath/shower, avoid swimming and heavy activity. Avoid any physical activity or sport that involves sweating, bending, or stooping
- The capsule endoscopy procedure will last approximately 8 hours. 8 hours after pill ingestion the link device can be removed

Day AFTER the appointment:

Return all of the equipment to the Branford office at 9am (1224 Main Street, Branford, CT)

**If you have any questions or concerns about these instructions, please contact the office at
203-481-0315**