

PILLCAM PREPARATION INSTRUCTIONS

PATIENTS WITH IMPLANTABLE CARDIAC DEVICES (DEFIBRILLATOR OR PACEMAKER) Patients with a Pacemaker need cardiac clearance for procedure. **Please inform the scheduling department if you will need cardiac clearance**

Be sure to wear a loose fitting shirt that will allow for electrode placement under it. After the electrodes have been positioned, you will be fit with a wide belt and vest, the vest holds a battery/recorder.

Date: _____ **Time:** _____

One Week Prior to the Appointment:

Stop taking iron supplements (such as Ferrous Sulfate, Ferrous Gluconate, Niferex) and any Multivitamins with Iron - ALSO no Pepto Bismol for 7 days.

THE DAY PRIOR TO YOUR PILLCAM - patients with kidney disease - do not drink the Magnesium Citrate

- 1. CLEAR LIQUIDS FOR DINNER AND UP UNTIL MIDNIGHT**
- 2. PATIENTS WHO DO NOT HAVE KIDNEY DISEASE —At 8 pm: Drink 1 bottle of Magnesium Citrate (10 ounces)**

PATIENTS WITH KIDNEY DISEASE — At 8pm: Drink 102g or 6 doses of Miralax in 32 ounces of water

DAY OF PROCEDURE

- 1. 7:30am: Mix 1 daily dose of Miralax with 8 ounces of Water**
- 2. Simethicone (liquid Gas X; ok to use infant) 5 mL (1 teaspoon) at 8:00 a.m.**
NOTHING ELSE BY MOUTH, EXCEPT MORNING MEDICATIONS AT 8AM.

-- Arrive at the Branford office (1224 Main Street) at 11AM to have the recorder belt applied and to swallow the PillCam

****After Swallowing the PillCam Capsule**

- You may drink colorless liquids and take any medications starting 2 hours after swallowing the PillCam capsule.
- You may have a light snack 4 hours after ingestion
- You may return to a normal diet 6 hours after swallowing the PillCam capsule.

--Do not disconnect the equipment or completely remove the Data Recorder at any time during the procedure (takes 8 hours).

--Treat the Data Recorder carefully. Avoid sudden movements and banging of the Data Recorder.

--The capsule endoscopy procedure will last approximately 8 hours. 8 hours after pill ingestion the belt and vest can be carefully removed.

--You can remove the belt from your abdomen by unlocking the belt adjuster on the side. Do not touch the wires, just slide the blue wires over your head carefully. Do not disconnect the recorder from the belt as this may result in data loss. Place all of the equipment carefully in the bag provided.

****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