



## Small Bowel PillCam Capsule Endoscopy Pre-Test Preparation Instructions

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_ **Location:** St. Francis Hospital 2<sup>nd</sup> Floor Suite 202

### Items to purchase:

- 10oz Magnesium Citrate

### Prior to your test:

1. **Stop** taking iron supplements, and vitamins/supplements that contain iron 1 week before your test
2. No smoking or tobacco/nicotine product use for 24 hours prior to the test
3. Eat a light lunch no later than 12pm
4. **Only** Clear Liquids after 12pm- **no RED or PURPLE food/drinks**
5. **At 4:00pm-** Drink one (1) 8oz bottle of Magnesium Citrate
6. **No eating/drinking of any kind after 8pm**
7. If you have Diabetes, do not take any long-acting insulin the night before the procedure and do not take any insulin or diabetic medications the morning of the procedure.
8. Notify your provider if you: have a pacemaker or defibrillator, trouble swallowing, or a scheduled MRI within 7 days of your test being started.

### Day of your test:

1. No lotion, powder, or topicals can be applied to the chest or abdomen on the day of the procedure
2. You may take your anti-seizure, GERD/reflux, blood pressure, and heart medications with a sip of water the morning of your test, up to 2 hours before the test
3. **No oral intake of any kind for at least 2 hours before your test**
4. Dress in loose, two-piece clothing with a shirt that buttons down the front
5. You may drink clear, colorless liquids starting 2 hours after you have ingested the capsule
6. You may eat a light snack 4 hours after you ingested the capsule

### Follow-Up for this test:

1. 12 hours after the test you will need to return the SensorArray data recorder and recorder belt to the department where it was placed.
2. You may resume your regular diet after you return the data recorder
3. Be sure to avoid MRIs and strong magnetic fields until after you have passed the capsule in your stools
4. PillCam endoscopic capsules are disposable and may be flushed down the toilet after they are passed

### When to return the data recorder and recorder belt:

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_ **Location:** Same as test was conducted/started