

Digestive Disease Associates

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PILLCAM PREPARATION INSTRUCTIONS

****One Week Prior to the Appointment:**

Stop taking iron supplements (such as Ferrous Sulfate, Ferrous Gluconate, Niferex) and any vitamin supplements

****The Evening Prior to the Appointment:**

--Clear liquids for dinner and throughout the evening up until midnight.

o This includes water, clear broth, jello (avoid red jello and red liquids), soda

-- On the morning of, drink the preparation you are prescribed:

o Magnesium citrate 10 ounces beginning at 6:00 am.

o Simethicone 5 mL (1 teaspoon) at 6:00 a.m.

--Do not eat or drink anything else (other than above preparation) after midnight.

****The Day of the Appointment:**

--Morning medications can be taken 2 hours after the PillCam is swallowed on the day of the test (unless necessary medication needs to be taken prior, can take at 6am)

--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.

-- Arrive at the Branford office at 12:30PM 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. After the examination is completed, you may return to your normal diet.

--Do not disconnect the equipment or completely remove the DataRecorder at any time during the procedure (prior to 9PM)..

--Treat the DataRecorder carefully. Avoid sudden movements and banging of the DataRecorder.

--The capsule endoscopy procedure will last approximately 8 hours. At 9pm the belt and vest can be carefully removed.

****Day AFTER the appointment**

--Return all of the equipment to the Branford office at 8am.

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