



**ATHENS GASTROENTEROLOGY CENTER, PC
ATHENS ENDOSCOPY, LLC**

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**PREPARATION FOR PILL CAM ENDOSCOPY
(VIDEO CAPSULE ENDOSCOPY)**

Patient Name: _____ DOB: _____
 Procedure Date: _____ Arrival Time: _____ AM/ PM
 ***We will need you to RETURN to the endoscopy facility again at this time: _____ AM/ PM

Your physician has determined that as part of your medical evaluation you are to undergo an examination known as a VCE (Video capsule endoscopy). This involves ingesting a small (the size of a large vitamin pill) Pill Cam SB capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the Sensor Array which is placed on your abdomen. The Sensor Array is attached to a walkman like Data Recorder which saves all the images. It is located in the Recorder Belt which is worn around your waist. After 7 1/2 hours or if the blue light stop blinking, you will return the office to have the Recorder Belt removed. The Pill Cam capsule is disposable and will eventually pass out of you naturally in your bowel movement. There is a small risk of the capsule becoming lodged in the intestine. This may require surgery for correction.

- **Evening before at about 6:00 PM: Drink 1 bottle of Citrate of Magnesium.**
- **Five days before your procedure, STOP any Iron, Anti-Acids, and Carafate Medications. Avoid Narcotics or medications that slow peristalsis**
- **If you are on Diabetic Medications and the physician has not instructed you about medication adjustment prior to your procedure, please call our office at Athens Endoscopy, LLC 706-433-0078 or 706-548-0058.**
- ***The DAY BEFORE your Video Capsule Endoscopy:* After 12:00 PM drink only clear liquids. (Do not eat any solid food or drink any liquids you cannot see through). **Nothing to eat or drink after midnight.****

*****CLEAR LIQUID DIET GUIDE*****

AVOID	ALLOWED
red, purple, orange colors	Jello, gelatin
dairy products	popcicles
juices with pulp	broth
coffee	water
meats	ginger ale, sprite, carbonated beverages
grains, starches	apple juice, white grape juice, lemonade,
fats	Gatorade/ Powerade, flavored drinks
vegetables	tea
solid foods	sugar, honey, syrup, salt



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DAY OF CAPSULE ENDOSCOPY

If you are instructed to take your medications on the morning of the test they need to be taken **TWO** hours before your VCE appointment. Two hours after ingesting the capsule you can start to drink liquids. **Four hours after ingesting the capsule you may start to eat a light meal.**

Wear loose clothing the day of your capsule test.

You must *avoid* going near any MRI machines or amateur radio devices. These cause interference and may result in the need to repeat the test.

Do not disconnect or remove the equipment at anytime. Avoid sudden movement and banging of the recorder. Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during capsule endoscopy.

Verify every 30 minutes that the small light on the top of the Data Recorder is blinking twice per second. If for some reason it stops blinking record the time and contact **Athens Endoscopy, LLC at 706-433-0078 or 706-548-0058.**

If at any time during the Video capsule test and until the capsule passes, (usually within 72 hours) you develop unexplained nausea, abdominal pain or vomiting; contact your physician at **Athens Endoscopy, LLC at 706-433-0078 or 706-548-0058.**

If you are unsure the capsule passed please call us to get further follow up.

Thank you,

Gregory S. Smith, M.D
Mary N. Dotson, DNP

Updated kp.12.17.2014