



East Bay Center for
DIGESTIVE
HEALTH

Paul S. Chard, M.D., Ph.D.
E. Michael Darby, M.D.
Thomas B. Hargrave, III, M.D.
Susie Ng, M.D.
Neil H. Stollman, M.D.
Liana Vesga, M.D.
Silvia M. Villagomez, M.D.
Danny Wu, M.D.

Capsule Endoscopy (Pill Cam)

Patient Education and Guidelines

You will be arriving at our office at 8 am on the day of your procedure where a Medical Assistant will assist you with the procedure.

You will be returning to the office at 4:00 pm to return the data recorder.

To ensure a successful exam, please follow all instructions carefully. Failure to accurately and completely prepare for your exam may result in the need for an additional procedure and both procedures will be billed to your insurance.

If you have a pacemaker and/or defibrillator, please contact our office (you may not be eligible for this test)

If you have diabetes, ask your regular doctor for diet and medication restrictions.

If you take aspirin, you may continue to do so.

If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor.

If you are scheduled for an MRI, after ingesting the capsule and until it is excreted, you should not have a Magnetic Resonance Imaging (MRI) examination or be near an MRI.

Before your exam:

Purchase the following over-the-counter supplies at your local pharmacy:

One (1) 10 oz bottle of Magnesium Citrate – **STOP HERE** if you have renal/kidney disease and call the office.

5 days before your exam

Discontinue all iron supplements. This includes multivitamins with iron.

The day before your exam

You may have a light lunch on this day, finishing by 1 pm.

After lunch begin a clear liquid diet (NO red or purple liquids):

- Water
- Clear broth or bouillon
- Coffee or tea (without milk or non-dairy creamer)
- Gatorade, Pedialyte or Powerade
- Carbonated & noncarbonated soft drinks
- Kool-Aid or other fruit-flavored drinks

- Jell-O, popsicles

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Between 4 pm and 6 pm: Drink a 10 oz bottle of Magnesium Citrate

Stop ALL liquids at 10 pm

The day of your exam:

You may take medications up to 2 hours before your exam with a sip of water.

Please wear loose-fitting comfortable two-piece clothing to the office. We will be placing a belt with sensors across your abdomen that will be connected to the Data Recorder, which you will wear on the belt around your waist.

You will then be instructed to ingest the Pill Cam SB Capsule

When you leave for your exam:

- Bring a photo ID, as well as up-to-date insurance information
- You may drive yourself home after the procedure

DESCRIPTION OF SMALL BOWEL CAPSULE ENDOSCOPY

Small bowel capsule endoscopy enables your doctor to examine the three portions (duodenum, jejunum, and ileum) of your small intestine. Your doctor will use a vitamin-sized pill video capsule as an endoscopy, which has its own camera and light source. While the video capsule travels through your body, images are sent to a data recorder that you will wear on a belt around your waist. Most patients consider the test comfortable. Afterwards, your doctor will view the images on a video monitor.

Pill Cam Endoscopy helps your doctor determine the cause for recurrent or persistent symptoms, such as abdominal pain, diarrhea, bleeding or anemia, in most cases where other diagnostic procedures have failed to determine the reason for your symptoms. In certain chronic gastrointestinal diseases, the method can help to evaluate the extent to which your small intestine is involved or to monitor the effect of therapeutics.

CANCELLATION POLICY If for any reason you are unable to keep this appointment, please cancel at least three (3) BUSINESS DAYS prior to the date of your procedure or you will be charged a \$200 cancellation fee.

If you need to cancel, please call (510) 444-3297 x 124