



NORTHEAST DIGESTIVE  
HEALTH CENTER

## PATIENT INSTRUCTIONS FOR “PILLCAM” SMALL BOWEL ENDOSCOPY

Patient: \_\_\_\_\_

Exam Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

**To ensure the best results for your PillCam capsule endoscopy of the small bowel, follow these instructions carefully and completely.**

- **Avoid taking iron and iron products 5-7 days prior to your procedure.**
- **Refrain from smoking 24 hrs. prior to your procedure.**

### **Day before Capsule Endoscopy**

1. You may have a light breakfast avoiding foods that are difficult to digest.
2. Begin a clear liquid diet after breakfast ( a diet suggestion list is attached)
3. At 6pm drink one bottle of **Magnesium Citrate**. This can be purchased over the counter at your local pharmacy.
4. You may have **nothing** by mouth after 12 midnight.

### **Day of Capsule Endoscopy**

1. At 6am take one dose of **Mylicon** (simethicone) anti-gas medication with 8 oz. of water. This can be purchased over the counter at your local pharmacy.
2. **Do not** apply body lotion or powder to your abdomen.
3. Wear loose fitting, two piece clothing.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_