

Capsule Endoscopy 'Pill Cam' Instructions

The Day BEFORE Your Procedure:

Do not consume ANY solid food, milk or milk products. Attempt to drink 3L of water throughout the day and only consume other clear fluids such as clear broth, yellow/orange jelly, clear ice blocks, non-cloudy fruit juice no pulp, fruit flavoured cordial and plain coffee/tea (no milk).

Before 12pm (midday): you can have lunch.

At 8PM: remain fasted (nil by mouth). You may drink only water from this point onwards until your procedure.

The Day OF Your Procedure:

Wear comfortable/loose fitting clothing and do not apply lotions or perfumes.

Arrive at your appointment at your scheduled time. Our staff will go through the procedure with you and you will swallow the capsule. Sensor pads will be applied to your skin and connected to a recording device that you will carry in a harness. You should drink 250ml of water per hour for the full day of the procedure.

At 1pm: you can have a light lunch and then continue to have water throughout the day.

At 4pm: return to your designated drop off site to hand back the recording device. Once you return home, you may eat and drink normally. In some cases, you may be asked to return the device the next morning. If this is the case, you can remove the sensor belt and harness at 4.00pm and store it somewhere safe. **Do not attempt to turn off or touch any of the buttons on the device.** During your next three bowel motions, you should note if the capsule has been excreted in your stool (YOU DO NOT NEED TO RETRIEVE THE CAPSULE - this can be flushed down the toilet).

If you have any questions following completion of this document, please contact admin@gastrosc.com.au or call on 03 7023 0230.

