
PATIENT INSTRUCTIONS FOR MIROCAM SMALL BOWEL CAPSULE ENDOSCOPY

(At Ivanhoe Endoscopy Level 1 Suite 2, 226 Upper Heidelberg Road Ivanhoe VIC 3079 Ph: (03) 9497 1344)

Appointment Date: _____

Fee: _____

To ensure the best results for your MiroCam capsule endoscopy of the small bowel, follow your doctor's instructions carefully and completely.

DAY BEFORE CAPSULE ENDOSCOPY

1. **Lunch:** You may have a normal meal around noon.
2. Start the prescribed liquid diet after lunch (1:00PM) such as water, black tea, black coffee, chicken broth, apple or pear juice.
3. Fast for at least 12 hours prior to the examination, you may consume a glass of water (250-300ml) every hour during this period.
4. Take 1 PicoPrep sachet at 6 pm (follow instructions on sachet).

DAY OF CAPSULE ENDOSCOPY

1. Do not take any medication 2 hours before having the examination.
2. Wear upper garment of thin, natural fibre such as a T-shirt that is long enough to reach at least to hip level and will not ride up above the belt.
3. Arrive for your appointment at the scheduled time: _____

AFTER SWALLOWING THE MIROCAM CAPSULE

The capsule endoscopy procedure will last approximately 8-9 hours. Contact your doctor's office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.

1. **You may drink a glass of water every hour** after swallowing the capsule.
2. **You may have a light snack 4 hours after ingestion.** After the examination is completed you may return to your normal diet.
3. **Be sure the Sensor Belt is tight at the waist.** Do not attach anything to it.
4. **Check the data recorders 'PWR'** (blue) light every 15 minutes to be sure it's still on. If the blue light is no longer active, note the time and contact Ivanhoe Endoscopy immediately.

5. **Use the Capsule Endoscopy Event Form (next page) to note the time of any event** such as eating, drinking or a change in your activity. Return the completed form to your doctor at the same time you return the equipment.
6. **Avoid strong electromagnetic fields** such as MRI devices or hand radios after swallowing the capsule and until you pass it in a bowel movement.
7. **Do not disconnect the equipment or completely remove the Data Recorder** at any time during the procedure.
8. **Treat the Data Recorder carefully.** Avoid sudden movements and banging of the Data Recorder.

AFTER COMPLETING CAPSULE ENDOSCOPY

Return to Ivanhoe Endoscopy Centre at the scheduled time to have the equipment removed.

! *If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact your physician for evaluation.*

! *Undergoing an MRI while the PillCam capsule is inside your body may result in damage to your intestinal tract or abdominal cavity. If you are not certain the capsule is out of the body, contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.*

CAPSULE ENDOSCOPY EVENT FORM

PATIENT NAME:		ID NO:
TIME	EVENT (eating, drinking, activity and unusual sensations)	
	MiroCam capsule ingestion	

Time to return to Facility _____	Special Instruction:
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