



GASTROSCOPY • DIAGNOSTIC AND THERAPEUTIC COLONOSCOPY • WIRELESS CAPSULE ENDOSCOPY

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PREPARATION INSTRUCTIONS FOR WIRELESS CAPSULE ENDOSCOPY (PILLCAM)

Bowel preparation requirements:

The small bowel must be relatively cleansed of waste in order for the examination to be successful. Please follow these instructions carefully.

Day before your examination (24 hours prior)

You can have a normal diet up until AFTER lunch. After lunch, drink only **clear fluids**.

Clear fluids include:

Water/Black tea and coffee, Strained fruit juices without the pulp, Clear soup and broth, Plain jellies and cordials, Carbonated soft drinks and Clear ice blocks

Drinks with red and purple colouring are **NOT** allowed

NOT allowed - Solid foods, milk, seeds/grains.

8 PM – Take 1 sachet of Picoprep in a glass of water

From **10pm** onwards – Fast (**NO FOOD OR FLUIDS**), except for necessary medications with a sip of water.

Day of Examination

As per the prescription given to you by the doctor, you will need to take 1 tablet of Metoclopramide 1 hour before your Pillcam procedure.

Please arrive promptly at our rooms by _____ to start the Pillcam procedure.

You will be fitted with a belt around your waist, a bag to wear over your shoulder, followed by swallowing the Pillcam. This will take about 15min, then you may go home/work. **NO** food/drinks can be consumed for **4 hours** apart from water. You will be given instructions on when you can remove the device at your appointment. The device will need to be returned to our office the following day, unless you live out of town in which case other arrangements can be made on the day of your appointment.

NB: Please wear “loose fitting clothes” (T-Shirt, blouse, loose pants/skirt preferably with drawstring). **NO** tight jeans or one piece dresses.



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PILLCAM CONSENT FORM

Wireless Capsule Endoscopy is an endoscopic examination of the small intestine. It is not intended to examine the oesophagus, stomach, or colon. It does not replace upper endoscopy or colonoscopy.

It is the best non-invasive endoscopic imaging test for the small bowel at the moment. However, like all evolving technologies, it has its limitations. Most studies have shown that the yield of a capsule study is on average only about 50%. This means there is still a high possibility of missing small lesions.

I understand that there are risks associated with any endoscopic examination, such as BOWEL OBSTRUCTION. An obstruction may require immediate surgery.

I am aware that I should avoid MRI machines during the procedure and until the capsule passes following the exam.

I understand that it is also possible that due to interference, some images may be lost and this may result in the need to repeat the capsule procedure.

To prevent repeat procedures, it is recommended to take Metoclopramide 1 hour before procedure (Script provided)

YOUR FEES:

Please be aware you may be Out-Of Pocket up to \$350.00.

CONSENT:

I have read and understand the information on **both sides** of this leaflet prior to the Pillcam Capsule Endoscopy.

Please take this form with you on the day of your Pillcam.

I CONSENT TO HAVING PILLCAM CAPSULE ENDOSCOPY:

Patient's Name (Please Print)

Patient's Signature

Date