

Pill Cam

Procedure Date

Time

** Please inform your physician if you have a history of bowel obstruction, bowel surgery, difficulty swallowing, a pace maker or other electronic implants, or had abdominal radiation. Do not take iron for 5-7 days prior to the exam. No Carefate, antacids or other meds that coat your stomach for 24 hrs prior to the exam.

Be sure to have **NO MRI'S** scheduled during and up to three days after the test, or until you are sure that the capsule has been expelled.

1 Day Prior to Procedure

- A. Diet: Day prior to procedure you may have breakfast but avoid the following foods:
- vegetables of any kind (in salads, soups, sandwiches, etc)
 - nuts, or any seeds
 - popcorn
 - fruit that is unpeeled or with small seeds (peeled apples, grapes are fine, etc)
- B. Clear liquids only after 1:00pm
You may have Gatorade, Water, Ice, Popsicles, Ginger Ale, 7-Up, Sprite, Coke, Pepsi etc, Jello (yellow or green) and chicken, beef or vegetable broth. You may have black coffee and tea. You may use sugar/sweetener
Milk and cream are NOT allowed in the coffee or tea.
- C. Medications: all medicines (blood pressure, cholesterol, diabetes, etc) should be taken as regularly scheduled. Take only ½ of any long acting insulin the night before the procedure (lantus, ultralente, etc)

Bowel Preparation:

1. The Golytely should be mixed with tap water in the morning, and chilled in your refrigerator. Add ½ bottle of the Simethicone (or Infant gas drops) to the jug. To improve the taste, add either Crystal light mix or sugar-free Koolaid powder. Be sure to only use light colors. (Lemonade, etc).
2. At **5:00pm (1700)**, drink **1/2 of the gallon** of Golytely. Try to take the medicine over 1.5 to 2 hours. If you experience any nausea, stop drinking and give the fluid time to leave your stomach.

Males: Shave your abdomen 6 inches (15 cm) above and below the navel (belly button).

Morning of procedure:

Nothing to eat or to drink, except necessary medications at least 2 hours before the procedure, with a small sip of water.

Wear loose-fitting, two-piece clothing. Do not wear synthetic fibers or thick shirts.

Report to GI clinic 4th floor mountain side at scheduled time. Call 433-4084 with questions. Call 433-1077 to reschedule at the earliest known time if needed.

