

PREPARING FOR YOUR PILLCAM TEST

Purchase the following supplies at your local pharmacy:

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1 - 8.3 ounce bottle of Polyethylene Glycol (PEG) 3350 Powder

(MiraLAX, SmoothLAX, ClearLAX or generic equivalent)

64 oz. Gatorade® (No red colored flavors)

Regular Gatorade®, Gatorade G2®, Powerade®, Powerade Zero®, Propel®, or Pedialyte are acceptable. Red flavors are not allowed; all other colors (yellow, green, orange, purple, blue) are okay. It is also okay to buy two 2.12 oz packets of powdered Gatorade that can be mixed with water to a total volume of 64 oz of liquid.

1 week before your test: Discontinue medications containing iron. This includes multivitamins with iron.

1 day before:

- **At Noon:** Begin clear liquid diet (clear liquids include things you can see through).
 - Examples of a clear liquid diet include: Water, up to one cup of black coffee or tea (no milk or cream) each day, clear broth or bouillon, Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jello-O and popsicles.
- **Between 4-6pm:** Drink Miralax – Gatorade preparation

Mix 1 bottle of Miralax® with 64 oz. of Gatorade® in a large pitcher.

Drink 1 - 8 oz. glass of the Miralax®/Gatorade® solution.

Continue drinking 1 - 8 oz. glass every 15 minutes thereafter until the mixture is gone.

After completing the Miralax/Gatorade colon preparation, continue with a Clear Liquid Diet.

Colon Cleansing Tips: Drink adequate amounts of fluid before and after your colon cleansing to prevent dehydration. Stay near a toilet because you will have diarrhea. Even if you are sitting on the toilet, continue to drink the cleansing solution every 15 minutes. If you feel nauseous or vomit, rinse your mouth with water, take a 15 to 30-minute break and then continue drinking the solution. You will be uncomfortable until the stool has flushed from your colon (in about 2-4 hours). You may feel chilled.

The day of your test:

- Continue the Clear Liquid Diet.
- **3 hours prior:**
 - STOP consuming all clear liquids.
 - Do not take anything by mouth during this time.
- You may take medications up to 3 hours before your test with a sip of water. Our staff will discuss your medication schedule with you when you arrive.
- We will be placing a medium-sized belt with sensors across your abdomen, over your clothing. Please wear an upper garment of thin, natural fiber cloth (such as a T-shirt) that is long enough to reach the hip level. Both the belt and the recorder will be visible. You may return to work if your work allows avoiding unsuitable environments and/or physical movements.
- You will be able to drive yourself home after the test.
- **Scheduled MRI:** If you are scheduled for a MRI: After ingesting the capsule and until it is excreted, you should not have a Magnetic Resonance Imaging (MRI) examination or be near a MRI.

Bring the following to your procedure:

- Insurance Card / Photo ID: Bring a photo ID as well as up-to-date insurance information, such as your insurance card and any referral forms that might be required by your insurance company. Co-pays are required on the day of your appointment
- List of Current Medications

Cancel or Reschedule Your Appointment:

If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you develop COVID-19 after you schedule this appointment, please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

DESCRIPTION OF THE PILLCAM TEST**What is the PillCam test?**

Small bowel capsule endoscopy enables your doctor to examine the three portions (duodenum, jejunum, and ileum) of your small intestine. Your doctor will use a vitamin-sized pill video capsule as an endoscope, which has its own camera and light source. While the video capsule travels through your body, images are sent to a data recorder you will wear on a waist belt. Most patients consider the test comfortable. Afterwards, your doctor will view the images on a video monitor.

PillCam Endoscopy helps your doctor determine the cause for recurrent or persistent symptoms such as abdominal pain, diarrhea, bleeding or anemia, in most cases where other diagnostic procedures failed to determine the reason for your symptoms. In certain chronic gastrointestinal diseases, the method can help to evaluate the extent to which your small intestine is involved or to monitor the effect of therapeutics.

What should I expect during a PillCam test?

The staff will prepare you for the examination by placing a belt that contains sensors across your abdomen. The PillCam endoscope is ingested and passes naturally through your digestive tract while transmitting video images to a data recorder worn on a belt for approximately eight to twelve hours as directed by your provider.

You may drink clear liquids (water, apple juice) 2 hours after swallowing the capsule. You may eat a light meal 4 hours after swallowing the capsule unless your doctor instructs you otherwise. You may also take your medications at this time. The capsule is disposable and passes naturally with your bowel movement. You should not feel any pain or discomfort during capsule excretion.

What should I expect after the PillCam test?

At the end of the procedure, you will need to return to the office to return the equipment (waist belt, data recorder, and battery pack). The equipment must be returned no later than 10 AM on the day following the procedure. The images acquired during your exam will be downloaded to a workstation for a physician to review. After the doctor has looked at this video, you will be contacted with the results. After ingesting the capsule and until it is excreted, you should not have a Magnetic Resonance Imaging (MRI) examination or be near a MRI device.

What are the possible complications of the PillCam test?

Although complications may occur, they are rare when staff who are specially trained and experienced in this procedure perform the test. A potential risk could be retention of the capsule. It is important for you to recognize early signs of possible complications. If you have a fever after the test, trouble swallowing, increasing chest or abdominal pain, tell your doctor immediately.