

PREPARING FOR YOUR PILLCAM TEST

Purchase the following supplies at your local pharmacy:

1 – 4.1 ounce bottle of Polyethylene Glycol (PEG) 3350 Powder
(MiraLAX, SmoothLAX, ClearLAX or generic equivalent)

32 oz. Gatorade® (No red colored flavors)

Regular Gatorade®, Gatorade G2®, Powerade®, Powerade Zero® or Pedialyte are acceptable. Red flavors are not allowed; all other colors (yellow, green, orange, purple, blue) are okay.

7 days before:

Discontinue fiber supplements and medications containing iron. This includes multivitamins with iron, Metamucil® and Fibercon®.

1 day before:

- Begin clear liquid diet at noon (clear liquids include things you can see through).
 - Examples of a clear liquid diet include: Water, tea (no milk or cream), 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), Jell-O and popsicles.

The following are not allowed on a clear liquid diet: coffee, red liquids, dairy products, protein shakes, cream broths, juice with pulp and chewing tobacco.

- **Between 4-6pm:** Drink Miralax – Gatorade preparation

Mix 4.1 oz bottle of Miralax® with 32 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.

Colon Cleansing Tips: Your child should drink adequate amounts of fluid before and after colon cleansing to prevent dehydration. Stay near a toilet because your child will have diarrhea. If your child feels nauseous or vomits, take a 15 to 30-minute break and then continue drinking the solution.

Day of test:

Morning Medications: Your child may take all morning medications with sips of water 3 hours prior to the test or earlier.

- **3 hours prior:**
 - STOP consuming all clear liquids.
 - Do not take anything by mouth during this time.

A belt with sensors will be placed across your child's abdomen, over their clothing. Please have your child 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.

Scheduled MRI: If your child is scheduled for a MRI: After ingesting the capsule and until it is excreted, your child should not have a Magnetic Resonance Imaging (MRI) examination or be near a MRI.

Cancel or Reschedule your appointment:

If you must cancel or reschedule your appointment, please call 612-871-1145 as soon as possible.

Bring the following to your child's procedure:

- Insurance Card / Photo ID
- List of Current Medications

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 will be able to eat four hours after swallowing the capsule ingestion unless your doctor instructs you otherwise. 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.