

Preparing for your PillCam® small bowel capsule endoscopy

This guide will help you and your family prepare for your procedure. If you have any questions, please call **503-494-4373**. For questions after 5 p.m., call 503-494-8311 and ask for the GI doctor on call.

What is a PillCam?



- A PillCam is a capsule about the size of a vitamin pill that has a tiny video camera inside. You swallow the pill and it takes pictures of your small intestine as it passes through.
 - The PillCam sends the pictures to a small device that we will strap around your body. You will also wear a sensor belt around your waist or sensor pads on your stomach.
 - The PillCam should move through your system in a few days. We do NOT need the PillCam back.
- Download our guide on how to prepare for procedures at <https://www.ohsu.edu/digestive-health/preparing-your-endoscopy-procedure>.

1 day before your procedure



- You may eat normally until **noon** the day before your procedure.

- **After noon, only drink clear liquids** (liquids you can see through when you hold it up to the light). **Do NOT eat any solid food.** Follow this schedule no matter what time of day your procedure is.
 - ☑ **DO:**
 - Drink 2 times as much liquid as you normally do. Drink this in addition to your bowel prep liquid.
 - Drink clear (**not red or purple**) liquids like:
 - ☑ Clear broth (chicken, beef or vegetable)
 - ☑ Coffee or tea (no milk, but sugar is OK)
 - ☑ Carbonated soft drinks
 - ☑ Clear juice like apple and white grape (no pulp)
 - ☑ Clear sports drinks like Gatorade and Powerade (no red or purple)
 - ☑ Popsicles and Jell-O (no red or purple)
 - ⊖ **DON'T:**
 - ⊖ Drink liquids that are purple or red.
 - ⊖ Drink milk, orange juice, tomato juice, broth that has solids, or solid food.

- **Prep your bowels**
 1. **At 4 p.m.**, start drinking the bowel prep solution at the rate of 1 cup every 10-15 minutes **until half** of the gallon is gone. You will only drink half of the solution and can throw out the rest. This should take 1-2 hours.
 2. Your stomach may feel full. If you get cramps, slow down to 1 cup every 20 minutes. If you have pain, bloating or vomiting, stop drinking the bowel prep liquid and call us at **503-494-4373**.

- ⊖ **NO food, drink or smoking after midnight.**

The day of your procedure



- ⊙ **Do NOT eat, drink or smoke** before your procedure.
- If you take morning medications, you can take them with small sips of water **at least 2 hours before your appointment.**
- ⊙ **Do NOT put body lotion or powder on** your stomach.
- Dress in loose fitting 2-piece clothing. Make sure your top is long enough to reach your hips and is made of thin, natural fiber. A good choice is a t-shirt that will not ride up above the belt area.

During your procedure



- You will be at the hospital for about **1 hour**, but the PillCam will take pictures for **12 hours**.
- **Let us know right away** if your stomach hurts or you vomit during the procedure (this is very rare).
- **2 hours after** you swallow the PillCam — you may drink clear liquids. **NOTHING RED.**
- **4 hours after** you swallow the PillCam — you may eat a light snack.
- **8 hours after** you swallow the PillCam — you may eat another light snack.
- **12 hours after** you swallow the PillCam — the procedure is over. You can remove the sensor belt and eat your normal diet.

The day after your procedure



- **Bring the recording equipment back** to us the **morning after** your procedure. You can drop it off in person at our clinic in the Center for Health & Healing Building 2.

- We should get the final results in 2 weeks.