

PillCam[®] COLON Capsule Endoscopy - Patient Instructions

You have been scheduled to have a procedure to help your doctor see inside your colon. This is done with the PillCam video capsule, which takes pictures as it travels through your digestive system.

The quality of the video depends on an **absolutely** clean colon! Therefore, it is imperative that you follow these instructions carefully to ensure that your colon is clean during this procedure.

Before the Examination Day

- Read this entire instructions sheet. Contact your doctor if you have any questions.
- Follow the dietary instructions exactly. Do not eat or drink **anything** that is not on your diet plan.
- It is recommended that you refrigerate the laxative solution to make it easier to drink.

During the Examination Day

- Wear loose-fitting, two-piece clothing. Wear a dark-colored shirt that light will not pass through.
- Precisely follow the regimen instructions provided by your doctor.
- Treat the DataRecorder carefully. Avoid sudden movements and do not knock it against anything.
- Do not remove or disconnect the equipment at any time during the procedure.
- Avoid direct sunlight.
- Avoid strong electromagnetic fields such as MRI devices or ham radios after swallowing the PillCam COLON capsule and until you pass it in a bowel movement.

After the Examination

- The procedure is over after the capsule has passed out of your body or the blue DataRecorder light stops blinking (typically 10 hours after capsule ingestion).



Warning:

If you develop nausea, abdominal pain, or vomiting, contact your doctor.

Clear Liquid Diet

✓ Allowed*:

- Water/sparkling water
- Tea without milk or cream
- Black coffee without milk or cream
- Clear soft drinks
- Clear juices, no pulp (such as apple, grape, cranberry)

- _____
- _____
- _____

* Preferably without sugar

✗ Forbidden:

- Dairy products
- Fruit juice
- Colored soft drinks (such as cola)
- Vegetable juice
- Coffee or tea with milk or cream
- Clear soup

- _____
- _____
- _____
- _____

Low Fiber Diet

✓ Allowed:

- White flour products (bread, rolls, pasta, etc.)
- White rice, corn flour, potatoes
- Eggs
- Oil (olive, canola, soy)
- Margarine, butter, mayonnaise
- Dairy products (not including yogurt with fruit)
- Clear chicken broth (no vegetables and not from instant mix)
- Chicken, turkey, fish, tuna, sardines (without any seasonings such as oregano, basil, etc.)
- Tea, coffee, milk, sugar, sweeteners
- Chocolates and candies (without fruits or nuts)

- _____
- _____

✗ Forbidden:

- All fruits and vegetables (raw or cooked)
- Any whole grain product (rye, whole wheat, mixed grain, etc.)
- All breakfast cereals, including granola
- Instant soup
- Red meat
- Legumes (beans, peas, corn, chick peas, soy products)
- Nuts (all varieties)
- Vegetable juice or fruit juice
- Any sauce made from or with vegetables

- _____
- _____

SensorArray Removal

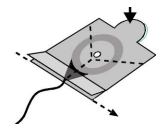


Note:

Do not remove the equipment unless you have been instructed to do so by your doctor.

1. Use the non-adhesive tab to peel off each adhesive sleeve, leaving the sensor inside the sleeve. **Do not pull the wires or remove the sensors from the sleeves!**
2. Remove the DataRecorder shoulder strap or belt.
3. Return all equipment (DataRecorder, SensorArray, and DataRecorder shoulder strap or belt/) to your doctor. Handle carefully.

non-adhesive tab



PillCam® COLON Capsule Endoscopy Personal Regimen Table

Patient Name: _____

Arrival Time: _____

Day	Time	Action	Prescribed Material and Amount	Diet
___ days before Date: __/__/__				Low Fiber Diet <i>all day</i>
1 day before Date: __/__/__				Clear Liquid Diet <i>all day</i>
	__:___ - __:___	Laxative intake (and water)		
Ingestion Day Date: __/__/__	__:___ - __:___	Laxative intake (and water)		Fast <i>From: wake up</i> <i>Until: capsule ingestion</i>
	___:___	Prokinetic tablet		
	___:___	PillCam® COLON capsule ingestion (with a cup of water)		
	___:___	Laxative intake (<i>Boost #1</i>) * (and water)		Clear Liquid Diet <i>From: capsule ingestion</i> <i>Until: first meal</i>
	___:___	Laxative intake (<i>Boost #2</i>) * (and water)		
	___:___	Meal *		
	___:___	Suppository *		

*Time may be changed by your doctor during the procedure, depending on the progression of the capsule.

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