

THE ENDOSCOPY CENTER
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SMALL BOWEL PILL CAM

Patient Instructions for Undergoing Capsule Endoscopy

Your doctor has determined that as part of your medical evaluation you should undergo a test known as Capsule Endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) Given Imaging M2A Capsule, which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to a sensor array, which is placed on your abdomen. These sensors are attached to the walkman-like Given DataRecorder™ that is worn around your waist and which will save all the images. After 8 hours you will return to the office and the Given Recorder will be removed. The M2A Capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will have to be removed endoscopically or surgically.

In order for your physician to get the most accurate information from this test, you will need to follow the directions listed below:

- Fill Reglan prescription and take the one tablet before going to bed night before.
- Do not eat or drink for 8 hours prior to undergoing your Capsule Endoscopy.
- For males: On the day prior to the Capsule Endoscopy, shave your abdomen 6 inches above and below the navel. If it is difficult for you to shave your abdomen, please contact your physician's office to arrange to come in earlier to have this done.
- Please arrive at your Physician's office at the prescribed time for your Capsule Endoscopy.
- Do not take aspirin, anti-inflammatory drugs, or iron products 7 days prior to the procedure.
- The Sensor Array will be applied to your abdomen with adhesive pads and will be connected to the DataRecorder™, which you will wear in a belt around your waist. After that you will be instructed to ingest the M2A@ Capsule.
- After ingesting the M2A@ Capsule, do not eat or drink for at least 2 hours. After 2 hours you may **only** have clear liquids until you return to the office. After completion of the study, you may return to your normal diet. The above instructions related to eating apply unless your physician specifies otherwise. *Contact your physician immediately if you have any abdominal pain, nausea or vomiting anytime after ingesting the M2A@ capsule.*

SEE OTHER SIDE

- After ingesting the M2A@ Capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio.
- Occasionally, some images may be lost due to radio interference (e.g. from amateur radio transmitter, MRI, etc.). On SensorArray™ applied rare occasions this may result in the need to repeat the capsule procedure. In such a case, the Doctor will advise you on the abdomen to stay within the premises of the clinic for the duration of the capsule procedure to prevent this problem from recurring.
- The capsule Endoscopy will last 8 hours. During the Capsule Endoscopy try to avoid any strenuous physical activity. Do not bend or stoop during the Capsule Endoscopy. In addition, you should not remove the belt at any time during this period. Since the DataRecorder™ is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movements and banging of the DataRecorder™.
- Every 15 minutes during the Capsule Endoscopy you will need to verify that the small green/blue light on top of the recorder is blinking. If for some reason it stops, please record the time and contact your physician. Also record the time and the nature of any event such as eating, drinking and unusual sensations. Return these notes to your physician at the time you return the equipment.
- The Data Recorder holds the images of your examination. Handle the DataRecorder, RecorderBelt™, SensorArray™ and Given@ Recorder Battery Pack carefully. Do not expose them to shock, vibration or direct sunlight, which may result in loss of information.
- If you cannot verify the excretion of the M2A Capsule from your body, and you develop unexplained post procedure abdominal pain, vomiting, or other symptoms of obstruction, contact your physician for evaluation and possible abdominal x-ray examination.
- Undergoing MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you cannot verify excretion of the capsule from your body, you should contact your physician for evaluation before undergoing an MRI examination.

Appointment Date _____ Time _____

Follow-up Appointment Date _____ Time _____