

Patient Instructions for Undergoing SB Capsule Endoscopy

Digestive and Liver Disease Clinic

UT Southwestern Medical Center

Your physician has determined that as part of your medical evaluation you should undergo an examination known as SB capsule endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill)

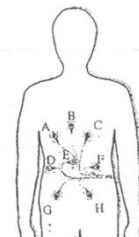


PillCam SB Capsule

PillCam™ SB capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the SensorArray™ which is placed on your abdomen. The SensorArray is attached to a walkman-like DataRecorder™ which saves all the images. It is located in the RecorderBelt™ which is worn around your waist. After 8 hours, you will remove the RecorderBelt and return it to your physician for processing. The PillCam SB 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 need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:

THE DAY BEFORE THE CAPSULE ENDOSCOPY

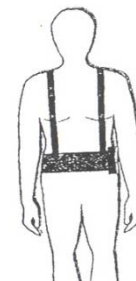
1. After lunch on the day before the SB capsule endoscopy examination, start the liquid diet your physician prescribed. Sometime in the evening, you should drink a 10 oz. bottle of Magnesium Citrate. From 10:00 pm the evening before SB capsule Endoscopy, do not eat or drink except for necessary medication with a sip of water.
2. Do not take any medication beginning 2 hours before undergoing SB capsule endoscopy.
3. Abstain from smoking 24 hours prior to undergoing SB capsule endoscopy.
4. Male patients should shave their abdomen 6 inches (15 cm) above and below the navel on the day of the examination. It is difficult for you to shave your abdomen, please contact your physician's office to arrange to have this done in advance.



Sensor Array applied to the abdomen

THEY DAY OF THE CAPSULE ENDOSCOPY

1. Arrive at your physician's office at the prescribed time for your SB capsule endoscopy dressed in loose fitting, two-piece clothing.
2. At your physician's office, you will have a pre-procedure interview. During this interview you should be informed that SB capsule endoscopy is associated with a small chance of intestinal obstruction. You will be checked-in and asked to give your informed consent.
3. The SensorArray 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 PillCam SB capsule.



Recorder Belt on Patient

AFTER INGESTING THE PILLCAM SB CAPSULE

1. After ingesting the PillCam SB capsule, 2 hours later you are allowed to drink clear liquids and take necessary medications. After 4 hours you may have a light snack; soup and crackers. After the examination is completed, you may return to your normal diet. Contact your physician immediately if you suffer any abdominal pain, nausea or vomiting during SB capsule endoscopy.
2. After ingesting the PillCam SB 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.
3. Occasionally, some images may be lost due to radio interference (e.g., from amateur radio transmitter, MRI, etc.). On rare occasions this may result in the need to repeat the SB Capsule Endoscopy examination. In this case, the physician will advise you to stay within the premises of the clinic during the SB capsule endoscopy to prevent this problem from recurring.
4. SB capsule endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or 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 movement and banging of the DataRecorder.
5. During SB capsule endoscopy, you will need to verify every 15 minutes that the small light on top of the DataRecorder is blinking twice per second. If, for some reason it stops blinking at this rate, record the time and contact your physician.
6. Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during capsule endoscopy.
7. You will be asked to keep a diary for the day listing time of eating, drinking and unusual sensations.