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GASTROINTESTINAL DIAGNOSTIC CENTERS  
 Drs. Steiner, Yotseff, Dooreck & Cohen  
 www.browardgi.com

**PillCam™ SB Capsule Endoscopy  
 Preparation Instructions**

There is **no** special preparation or sedation for a Capsule Endoscopy.



**Day Before Your Procedure**

**Morning:** Normal breakfast.

**Noon:** Normal lunch.

**Evening: Clear liquids only.**

- ✓ Water or Coconut Water
- ✓ Crystal Light® (Not red)
- ✓ Apple or Orange Juice (No Pulp)
- ✓ Coffee or Tea (No milk or cream)
- ✓ Gatorade® (Not red)
- ✓ Sodas (May cause bloating)
- ✓ Clear bouillon soup (No fat)
- ✓ Popsicles (Not red)
- ✓ Jello® (Not red)
- ✓ Ensure® or Boost®

**DO NOT EAT OR DRINK ANYTHING after 10 P.M.**

No smoking 24 hours prior to undergoing Capsule Endoscopy.

*Male patients should shave their abdomen 6 inches (15 centimeters) above and below the navel on the day of the examination.*

**Day of the Procedure**

**DO NOT EAT OR DRINK ANYTHING THE DAY OF THE PROCEDURE**

**TAKE YOUR USUAL BLOOD PRESSURE MEDICINE WITH A SIP OF WATER BEFORE 6 A.M.**

Sensors will be applied to your abdomen with adhesive pads and will be connected to the DataRecorder device, which you will wear in a belt around your waist. You will be instructed to ingest the PillCam™ capsule.

The Capsule Endoscopy lasts approximately 8 hours.

**Referrals will be handled by our office for all procedures**

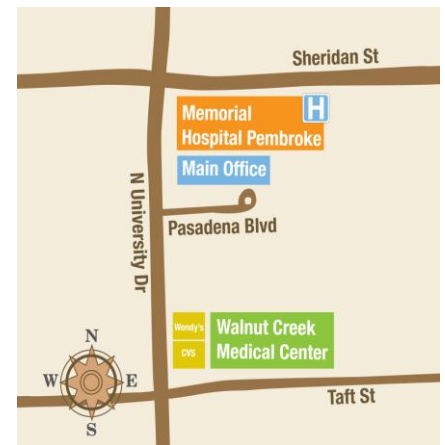


**After Ingesting the PillCam Capsule**

After ingesting the PillCam™ capsule, **do not eat or drink for at least two (2) hours.**

**After four (4) hours** you may have a light snack.

After the examination is completed, you may return to your normal diet. Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during Capsule Endoscopy.



**DATE** \_\_\_\_\_

**TIME** \_\_\_\_\_

**MEMORIAL HOSPITAL PEMBROKE**  
 University & Sheridan | Outpatient  
 The hospital will call the day before  
 (954) 962-9650