



## SMALL BOWEL CAPSULE ENDOSCOPY INSTRUCTIONS



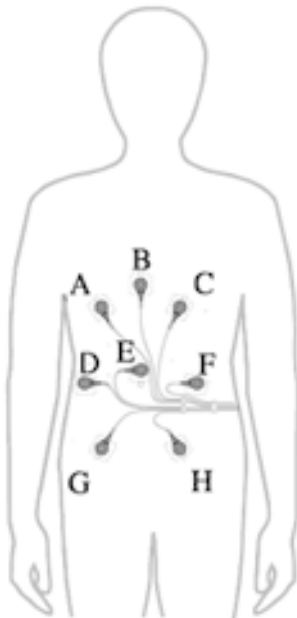
As you are aware, obtaining authorization from your insurance company to perform a small bowel capsule endoscopy is often a long and arduous process.

Despite following the manufacturer's instructions, many of our patients have had examinations in which the small intestine could not be well visualized due to retained food particles. To ensure a more accurate test, we have revised the instructions and ask that you drink a bowel laxative the evening prior to your examination. In order to obtain optimal visualization of the small bowel (small intestine), please follow our instructions carefully. The bowel laxative is a prescription medication called Colyte (Golytely). Fill the prescription at least one (1) day prior to your examination. Mix and refrigerate the Colyte solution.

### **The Day before Capsule Endoscopy**

1. In the morning, mix and refrigerate the Colyte.
2. After lunch, start a clear liquid diet (broth, bouillon, clear fruit juices or soda, coffee or tea – without milk or cream). Do not drink anything that is red or purple in color. Do not drink juice with pulp, dairy or soy products.
3. Starting around 6-7 pm, drink 1 glass (8 ounce) of Colyte every 10 minutes until finished with half the container (2 liters).
4. DO NOT eat, drink, chew gum or smoke after 10pm.
5. You may brush your teeth.

## Day of Capsule Endoscopy



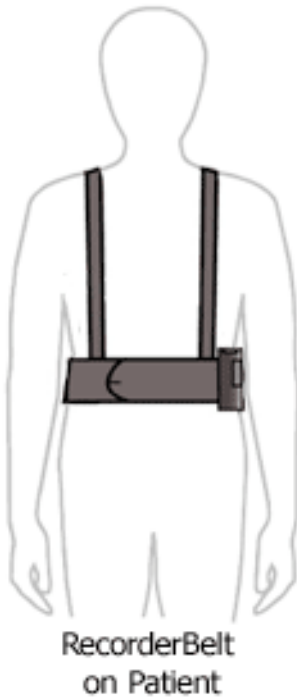
SensorArray applied  
to the abdomen

Arrive at your physician's office at the prescribed time for your SB capsule endoscopy dressed in loose fitting, two-piece clothing.

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.

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.

## After ingesting the PillCam SB capsule



After ingesting the PillCam SB capsule, do not eat or drink for at least 2 hours. After 4 hours you may have a light snack. After the examination is completed, 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 suffer from any abdominal pain, nausea or vomiting during SB capsule endoscopy.

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.

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.

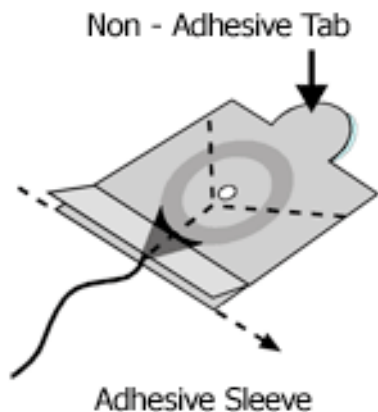
SB capsule endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder.

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. You should also record the time and nature of any event such as eating,

drinking, your activity and unusual sensations. Return the Event Form with these notes to your physician at the time you return the equipment.

Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during capsule endoscopy.

### **After completing SB Capsule Endoscopy**



You will be instructed by your physician on how to return the equipment at the end of SB capsule endoscopy. (a) Return the SensorArray from the DataRecorder; (b) Take off the RecorderBelt (with the DataRecorder and Battery Pack); (c) Disconnect the Battery Pack from the DataRecorder (d) Place DataRecorder and Battery Pack in a safe place. To remove the SensorArray from your abdomen, do not pull the leads of the SensorArray! Peel off each adhesive sleeve starting with the non-adhesive tab without removing the sensor from the adhesive sleeve. Place the Sensor-Array with the rest of the equipment. The attending physician will use the data from the examination for the medical evaluation.

The DataRecorder stores the images of your examination. Handle the DataRecorder, Recorder-Belt, SensorArray and Battery Pack carefully. Do not expose them to shock, vibration or direct sunlight, which may result in loss of information. Return all of the equipment to your physician's office as soon as possible.

If you did not positively verify the excretion of the PillCam SB capsule from your body, and you develop unexplained post procedure nausea, abdominal pain or vomiting, contact your physician for evaluation and possible abdominal X-ray examination.

Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the excretion of the PillCam SB capsule from your body, you should contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination. doscopy. If you were instructed to remove the equipment by yourself, do the following: (a) Disconnect