

## Capsule Enteroscopy (PillCam)

**Read this entire document at least 1 week before your test.**

This is an exam of the small intestine. You will swallow a single-use capsule that contains a camera with flash. The capsule takes pictures as it passes through the digestive tract. These pictures will be sent to a sensor belt. The images are stored in a small recorder attached to your belt. The data is then downloaded to a computer. Your doctor then can watch the video to evaluate your small intestine. The capsule will pass out of your body in a bowel movement. You will not need to save the capsule.

### 1 Week Before Test

#### Iron, Multivitamins with Iron

Stop taking these 5 days before your test. (You do not need to contact your doctor first).

### 1 Day Before Test

#### Diet

After lunch, start a clear liquid diet. Be sure to drink at least 8 glasses of clear “see-through” liquids. Clear liquids include:

- Water, clear sports drinks like Gatorade®
- Broth
- Black coffee, tea, soda
- Apple juice
- Jell-O®
- **No** creamers, milks or other dairy products
- **No** red or purple liquids or Jell-O
- **No** solid food
- **No** liquids with ‘pulp’

#### Mix the Prep

Mix prep solution to regular strength per pharmacy directions. **Do not** concentrate.

#### Prep

**If your arrival time is before 11:00 am:**

**At 6:00 pm on the day before** your test you will drink 2 liters (8 8oz. glasses) of the prep solution. This will clean out your small intestine. Once you have finished drinking your prep, you may drink clear liquids until 10:00pm.



**If your arrival time is after 11:00 am:**

**At 6:00 pm on the day before** your test you will drink 1 liter (4 8oz. glasses) of prep solution.



**At 6:00 am on the day of your test** you will drink the second liter (4 8oz. glasses) of prep solution. This will clean out your small intestine. Once you have finished drinking your prep, you may drink clear liquids until 9:00 am.



You will want to stay near a bathroom after drinking the prep.

**Do not** eat after drinking your prep solution. You may have sips of water with your medicine, if needed. **You may take medicines up to 2 hours before your visit.**

## Test Day

Your test will last about 30 minutes. You will want to wear 2-piece, loose-fitting clothes, like a cotton shirt or undershirt.

First you are fitted with a sensor belt and recording device. You will swallow the capsule with a glass of water.

## Diet

Staff will review the diet restrictions for the rest of the 12-hour study period. You will not eat or drink anything during the first 2 hours.

- **2 hours after swallowing** - you may have 8 to 12 ounces of clear liquids, such as Sprite<sup>®</sup>, 7-Up<sup>®</sup>, or water.
- **5 hours after swallowing** - you may have a light lunch. This may be a small sandwich or a little soup and 8 to 12 ounces of any fluids, including coffee or milk. You may also take medicine at this time.
- **9 hours after swallowing** - you may have another light meal and any drink.
- **12 hours after swallowing** - study is complete and you may go back to your normal diet.

## After the Test

After 12 hours the study is complete. You will remove the recorder and sensor belt. You may go back to a normal diet and routine.

On the next business day, you will return the recorder and belt.

**The capsule is not safe for an MRI.** If you are unsure that the capsule has passed, you will need an x-ray before any MRI testing.

## Follow Up

You will follow up with your doctor as planned after testing. Please allow 1-2 weeks for finished reports to be ready for your doctor to look over.

## When to Call

Call your doctor if:

- Any new belly pain.
- Nausea
- Vomiting
- If the capsule has not passed. You may need an x-ray exam.

## Who to Call

UW Health Digestive Health Center  
750 University Row  
Madison, WI  
**(608) 890-5000**  
**(855) 342-9900**

University of Wisconsin Hospitals & Clinics  
GI Procedure  
600 Highland Avenue  
Madison, WI  
**(608) 263-8097**

Meriter Hospital Digestive Health Center  
Lower Level  
202 S. Park Street  
Madison, WI  
**(608) 417-6389**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7849

## Prep Checklist

1 Week  
Before Test

- Call your insurance company.
- Stop iron supplements, vitamins with iron **5 days** before your test.

1 Day  
Before Test

If your arrival time is **before** 11:00 am:

- Mix prep
- At 6:00 pm** on the day before your test you will drink 2 liters (8 8oz. glasses) of the prep solution. This will clean out your small intestine. Once you have finished drinking your prep, you may drink clear liquids until 10:00pm.



If your arrival time is **after** 11:00 am:

- Mix prep
- At 6:00 pm** on the day before your test you will drink 1 liter (4 8oz. glasses) of prep solution.



Day of  
Test

**Only if your arrival time is after 11:00 am:**

**At 6:00 am** on the day of your test you will drink the second liter (4 8oz. glasses) of prep solution. This will clean out your small intestine. Once you have finished drinking your prep, you may drink clear liquids until 9:00 am.

