

Video Capsule Endoscopy (Pill Cam)

Important: Failure to follow these instructions may result in cancellation of your procedure.

You will be given a small pill camera that will be swallowed and will travel throughout your gastrointestinal tract and capture photos. You will be fitted with a rather bulky belt and a recorder that will plug into this belt. You will be wearing this belt for 8 hours. You will be provided a timeline of when you can eat and drink according to the time you swallow the capsule. The small pill camera will be expelled through a bowel movement and there is no need to retrieve it, it is safe to flush down the toilet.

Once the 8-hour study is complete, **you will return the recorder and belt to the Swedish Endoscopy Department** so it can be downloaded for the physician to view. You cannot return the recorder by mail or to any other facility. You must return it personally or by someone you trust to get it back.

If we do not receive the recorder back by the assigned time (given at time of the study) there may be additional late or non-returned fees applied.

If you need to cancel/reschedule your procedure, please call at least 3 business days in advance.

Swedish First Hill
747 Broadway
2nd Floor Endoscopy
Seattle, WA 98122
(206) 386-2015

Swedish Issaquah
751 NE Blakely Drive
3rd Floor, Suite 3010
Issaquah, WA 98023
(425) 313-4452

MEDICATION GUIDELINES

Stop taking the following 7 days prior to your procedure:

- Dulaglutide (Trulicity)
- Exenatide (Byetta)
- Liraglutide (Victoza)
- Lixisenatide (Adlyxin)
- Semaglutide (Ozempic, Rybelsus)
- Tirzepatide (Mounjaro)

Stop taking the following 3 days prior to your procedure:

- Oral iron
- Fish or krill oil

DAY OF THE PROCEDURE

Please arrive 1 hour prior to your procedure for registration.

NO SOLID FOODS 8 hours prior to your scheduled appointment

You may have ***ONLY CLEAR LIQUIDS*** up to **3 hours prior** to your procedure such as:

- Black coffee or tea (sugar is OK)
- Popsicles or Jell-O (not red or blue)
- Bouillon/broth
- Water
- Soda (clear or cola is OK)
- Sports drinks: Gatorade; Pedialyte
- Fruit juice: apple, white grape, or white cranberry

Please AVOID drinking alcohol and liquids that are red, blue, or purple in color.

NOTHING by mouth **3 HOURS PRIOR** to the procedure **including gum, water, mints, and lozenges**. Doing so may cause a cancellation of your procedure.