



Advanced Gastroenterology, P.C.
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Patient Instructions for NaviCam® Small Bowel Capsule Endoscopy
With the Sensor Vest

Patient: _____ **DOB:** _____ **Examination Date:** _____

To ensure the best results for your NaviCam® capsule endoscopy of the small bowel, follow your doctor's instructions carefully and completely.

Day Before Capsule Endoscopy

1. Start a liquid diet after lunch.
 - **Liquid diet: You may drink clear liquids such as apple juice, Gatorade, broth, tea, coffee, soda, popsicles, and jello (please AVOID red, blue, green, and purple). Do not have any milk products, citrus juice or solid food**
2. Do not eat or drink except for necessary medication with a sip of water, 10 hours before your capsule endoscopy.

Day of Capsule Endoscopy

1. **Do not** take any medication 2 hours before having the exam.
2. Wear an upper garment of thin, natural fiber such as a T-shirt or dry fit style.
3. **Arrive for your appointment at the scheduled time : 8AM**

After Swallowing the NaviCam SB Capsule

Contact your doctor's office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.

1. You may drink **colorless** liquids starting 2 hours after swallowing the NaviCam SB Capsule.
2. You may have a **light snack 4 hours after** ingestion. After the examination is completed, you may return to your normal diet.
3. Use the supplied Capsule Endoscopy Event Form, to note the time of any event such as eating, drinking or a change in your activity. Return the completed Event Form to your doctor at the time you return the equipment.
6. Avoid strong electromagnetic fields such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement.

7. Do not disconnect the equipment or completely remove the NaviCam recorder at any time during the procedure.

8. Treat the NaviCam recorder carefully. Avoid sudden movements and banging of the Recorder.

After Completing SB Capsule Endoscopy

Return to the doctor's office at the scheduled time to have the equipment removed

If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact your doctor for evaluation.

Undergoing an MRI while the NaviCam capsule is inside your body may result in damage to your intestinal tract or abdominal cavity. If you are not certain the capsule is out of your body, contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI Examination.

Capsule Endoscopy Event Form

Time	Event (eating, drinking, activity and unusual sensations)
8:00am	NaviCam capsule ingestion
Next day After 8:00am Contact in case of need: (480)733-0500 x2 Dr. available after hours for EMERGENCY	Special Instructions: