Hunter Gastroenterology

Pill Cam Study

Below are instructions and information regarding your pill cam study. Please don't hesitate to ask our friendly staff if you have any concerns.

Fees:

The fee for your pill cam is $1750 payable on the day. There is a Medicare rebate of $1254.
Your pill cam placement will be in the morning and you will return to our rooms the same afternoon for removal.

The Day Before

The day before you will need to adhere to a clear fluid diet. This is important to ensure there is no food obstructing the view of the pill cam. This means **strictly no solid food the day before.**

You are however, able to consume the following: Jelly, water-based cordials, sports drink, black tea and coffee, clear fat free broths (i.e. stock cubes dissolved in boiling water), clear fruit juices (no pulp) and lemonade Icy Poles.

NOTE: None of the above should be red or orange in colour.

Please Note: *You are able to take all of your regular medications throughout this process, however it is important that if you have regular morning medications you take them 3hrs before your set appointment to ensure they are absorbed.*

Preparation

You will need to obtain 2 sachets of Colonlytely bowel prep for the study.

You must **STOP iron tablets or fish oil supplements** 7 days before your pill cam.

The **day before** at 3pm you will need to take your first sachet mixed in 1L of water.

The 2nd sachet is taken **4 hours before** your appointment.

You may have your regular medications with a sip of water.

Your Appointment

On arrival to your appointment our nurse will administer a drug called Maxalon. This helps facilitate gut motility. If you have any allergies please inform the nurse prior to your appointment.

You are able to drive yourself and tend to your daily activities as you usually would. Please wear a light cotton t-shirt to your appointment, and if you wish to cover the harness a cardigan or jumper is suitable.

Please Note: *It is important that you arrive on time for your appointment to ensure the study is done in due time to ensure the best result. If for any reason you are unable to attend your appointment please let our admin staff know 24hrs before so we are able to reschedule.*

After Ingestion

After ingestion of the pill cam it is important that you follow the instructions below.

- First 2 hours **nothing to eat or drink**
- 4 hours thereafter only a clear fluid diet
- After 4 hours you are able to eat a soft diet, keeping your food intake light.
- After the examination is complete and you have returned your halter, you may eat a normal diet.

Wearing the Halter

- You will be required to wear your halter the entire time. Please don't remove it at any point.
- Refrain from getting the halter and monitor wet and please keep it as clean as possible.
- You will be asked to return the device by 4.30pm on the day of your study. It is vital the halter is returned to ensure the study is complete for your doctor to examine.
- Please avoid electromagnetic fields, such as MRI devices or ham radios until you have passed the pill cam.

Troubleshooting if Required

The device is recording the entire time you are wearing it. You should not have any trouble with the device. We do ask that if the following occurs, please contact our rooms immediately.

- the device flashes red
- the device turns off

If you experience any sudden unexplained nausea, abdominal pain or vomiting please contact your doctor for evaluation.

Please Note: *Undergoing MRI while the pill cam is still inside you can cause significant damage to your GI tract. If you are uncertain that the pill cam has passed please talk to your doctor about arranging an abdominal x-ray before undergoing MRI.*