

## PREPARING FOR YOUR PEDIATRIC PILLCAM TEST

Purchase the following supplies at your local pharmacy:

**1 – 4.1 ounce bottle of Polyethylene Glycol (PEG) 3350 Powder**  
(MiraLAX, SmoothLAX, ClearLAX or generic equivalent)

**32 oz. Gatorade®** (No red colored flavors)  
Regular Gatorade®, Gatorade G2®, Powerade®, Powerade Zero®, Pedialyte, Propel®, Liquid IV, and other electrolyte beverages are acceptable. Red flavors are not allowed; all other colors (yellow, green, orange, purple, blue) are okay.

### **7 days before:**

Discontinue fiber supplements and medications containing iron. This includes multivitamins with iron, Metamucil® and Fibercon®.

### **1 day before:**

- Begin clear liquid diet at the times noted below in the Eating and Drinking Guidelines (clear liquids include things you can see through).
  - Examples of a clear liquid diet include: water, clear broth or bouillon (gluten free options available), Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, popsicles, and up to one cup of black coffee or tea (no milk or cream) each day.
  - The following are not allowed on a clear liquid diet: red liquids, dairy products, protein shakes, cream broths, juice with pulp, products containing oil and chewing tobacco.
  - For additional details on following a clear liquid diet, please see <https://www.mngi.com/conditions/clear-liquid-diet>

- **Between 4-6pm:** Drink Miralax – Gatorade preparation

Mix 4.1 oz bottle of Miralax® with 32 oz. of Gatorade® in a large pitcher.

Drink 1 - 8 oz. glass of the Miralax®/Gatorade® solution.

Continue drinking 1 - 8 oz. glass every 15 minutes thereafter until the mixture is gone.

**Colon Cleansing Tips:** Your child should drink adequate amounts of fluid before and after colon cleansing to prevent dehydration. Stay near a toilet because your child will have diarrhea. If your child feels nauseous or vomits, take a 15 to 30-minute break and then continue drinking the solution.

**Day of test:**

Morning Medications: Your child may take all morning medications with sips of water **3 hours prior to the test or earlier.**

- **3 hours prior:**
  - STOP consuming all clear liquids.
  - Do not take anything by mouth during this time.

A belt with sensors will be placed across your child's abdomen, over their clothing. Please have your child wear an upper garment of thin, natural fiber cloth (such as a T-shirt) that is long enough to reach the hip level. Both the belt and the recorder will be visible.

Scheduled MRI: If your child is scheduled for a MRI: After ingesting the capsule and until it is excreted, your child should not have a Magnetic Resonance Imaging (MRI) examination or be near a MRI.

**Cancel or Reschedule Your Appointment:**

If you develop COVID-19, are exposed to COVID-19 or have COVID-19 like symptoms at any point after you schedule this appointment, please call our office to determine if it is okay to proceed with your visit. COVID-19 guidelines for health care facilities may differ from community guidelines. In addition, if you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you have any newly diagnosed medical condition (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

**Bring the following to your child's procedure:**

- Insurance Card / Photo ID
- List of Current Medications

**DESCRIPTION OF THE PILLCAM TEST****What is the PillCam test?**

Small bowel capsule endoscopy enables your doctor to examine the three portions (duodenum, jejunum, and ileum) of your small intestine. Your doctor will use a vitamin-sized pill video capsule as an endoscope, which has its own camera and light source. While the video capsule travels through your body, images are sent to a data recorder you will wear on a waist belt. Most patients consider the test comfortable. Afterwards, your doctor will view the images on a video monitor.

PillCam Endoscopy helps your doctor determine the cause for recurrent or persistent symptoms such as abdominal pain, diarrhea, bleeding or anemia, in most cases where other diagnostic procedures failed to determine the reason for your symptoms. In certain chronic gastrointestinal diseases, the method can help to evaluate the extent to which your small intestine is involved or to monitor the effect of therapeutics.

**What should I expect during a PillCam test?**

The staff will prepare you for the examination by placing a belt that contains sensors across your abdomen. The PillCam endoscope is ingested and passes naturally through your digestive tract while transmitting video images to a data recorder worn on a belt for approximately eight to twelve hours as directed by your provider.

You may drink clear liquids (water, apple juice) 2 hours after swallowing the capsule. You may eat a light meal 4 hours after swallowing the capsule unless your doctor instructs you otherwise. You may also take your medications at this time. The capsule is disposable and passes naturally with your bowel movement. You should not feel any pain or discomfort during capsule excretion.

**What should I expect after the PillCam test?**

At the end of the procedure, you will need to return to the office to return the equipment (waist belt, data recorder, and battery pack). The equipment must be returned no later than 10 AM on the day following the procedure. The images acquired during your exam will be downloaded to a workstation for a physician to review. After the doctor has looked at this video, you will be contacted with the results. After ingesting the capsule and until it is excreted, you should not have a Magnetic Resonance Imaging (MRI) examination or be near a MRI device.

**What are the possible complications of the PillCam test?**

Although complications may occur, they are rare when staff who are specially trained and experienced in this procedure perform the test. A potential risk could be retention of the capsule. It is important for you to recognize early signs of possible complications. If you have a fever after the test, trouble swallowing, increasing chest or abdominal pain, tell your doctor immediately.