

**MICHAEL CANTOR MD**

**310 EAST 72<sup>ND</sup> STREET**

**NEW YORK, NY 10021**

**TEL (212) 472-3333**

**FAX (212) 249-4874**

**GIL WEITZMAN MD**

**310 EAST 72<sup>ND</sup> STREET**

**NEW YORK, NY 10021**

**TEL (212) 249-3720**

**FAX (212) 249-4874**

**CAPSOCAM INSTRUCTION (SMALL BOWEL CAPSULE)**

You have an appointment for CapsoCam® Plus on \_\_\_\_\_ at \_\_\_\_\_

**What should I do the day before the procedure?**

You will be instructed not to eat solid food for at least eight hours before the procedure. During this time you may drink clear liquids. This may help ensure better pictures of your inside walls of your digestive tract, thereby providing better diagnosis. **You should buy a bottle of magnesium citrate (10 oz) solution and drink it the evening prior to your procedure (between 4-7 pm).** You can remain on clear liquids for the rest of the night. This will help ensure that your small bowel is clear enough for the pill to get best visualization. Expect to have some diarrhea during the night. If you have a history of chronic constipation, you may need to repeat the bottle of magnesium citrate the following morning if no diarrhea occurs.

**What should I do the day of the procedure?**

Please do not eat or drink anything for 4 hours prior to the procedure. You should come into the office and the process of swallowing and retrieving the CapsoCam® Plus capsule will be explained. The capsule will feel like a large vitamin capsule as you swallow it. Swallow the capsule with water as needed. You will not be aware of the capsule as it moves through your digestive system. You can then go about your daily routine depending on your health condition and your doctor's advice. Two hours after swallowing the capsule you may begin to drink clear liquid again. Please take 1 cup of water with the sample of miralax provided to you to help move the capsule down. Four hours after swallowing the capsule, you may eat a light meal.

While the capsule is in your body, you may not have an MRI exam or be near an MRI machine.

**How do I retrieve the capsule and send it to the doctor?**

You will be provided with a specially designed retrieval kit, CapsoRetrieve, which contains simple instructions as to how to retrieve the capsule. It is essential to familiarize yourself with these instructions. The kit contains a retrieval pan, a magnetic wand, and a storage vial and detailed Instructions for Use. Your doctor will instruct you as to the best way to return the capsule so the images may be analyzed.

**What does the doctor do after I return the retrieved capsule?**

CapsoCam® Plus takes thousands of high-resolution pictures as it passes through your digestive system. Using special equipment, these images are transferred to a computer with special software. The software converts the pictures into video format and allows your small bowel to be carefully examine and diagnose abnormalities within your small intestine.

If you have any questions, you should contact our office.