

PillCam™ Capsule Endoscopy



Dr. Homan Zadeh, of Palm Springs, now offers Capsule Endoscopy to his patients.

The PillCam™ Capsule is easily swallowed, travels painlessly through the digestive tract, and is naturally passed from the body. On its journey, the PillCam captures and transmits video images to a wearable recorder worn by the patient. When the test is complete, the data is downloaded from the recorder to a computer workstation where a physician can view the results.

The PillCam™ Capsule is part of the Giver® Diagnostic System, which is intended for the visualization of the GI tract. Capsule Endoscopy is a standard test for the detection of small bowel abnormalities.

Homan Zadeh, M.D.

1330 N. Indian Canyon Drive Suite F
Palm Springs, CA 92262
Tel: (760) 864-4163

It's as easy as...



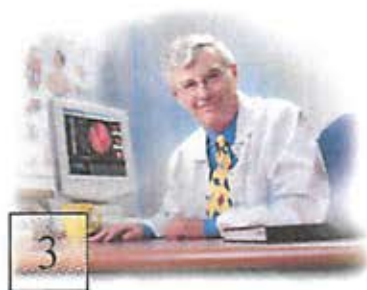
1

Swallowing the PillCam™ Capsule



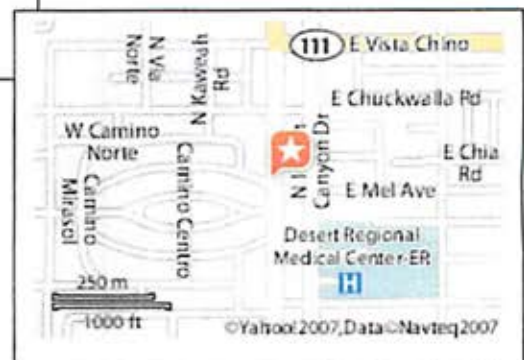
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Undergoing the examination



3

Reviewing the results



HOMAN A. ZADEH, M.D., M.P.H., INC.
1330 N. Indian Canyon Drive Suite F
Palm Springs, CA 92262
Telephone (760)864-4163/Fax (760)864-4166

PREPARING FOR YOUR CAPSULE ENDOSCOPY

DATE OF PROCEDURE: _____

ARRIVAL TIME: _____

PLACE: Office
Homan A. Zadeh, M.D.
1330 N. Indian Canyon Drive Suite Palm Springs, CA 92262
(760)864-4163

If you are a male patient and have hair on the stomach area, please shave the areas under your breast and abdomen, and lower abdomen. Please do not apply any lotion, powder, or oil in that area.

DAY BEFORE THE PROCEDURE: After BREAKFAST please be on a clear liquid diet until 10:00 p.m. At 12:00 noon begin taking your bowel preparation as directed (see attached sheets) Please avoid red, green or purple items. Nothing to eat or drink after 10:00 p.m. Please follow the attached Instruction Sheet.

Should you have any questions, please feel free to contact our office at (760)864-4163.

Thank you.

CLEAR

LIQUID

DIET

DAY BEFORE

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed !!!

Food Group	Food Allowed	Food to avoid
Milk and beverages No red or purple liquids	Tea (decaffeinated or regular) carbonated beverages fruit flavored drinks	Milk, milk drinks
Meats & meat substitutes	None	All
Vegetables	None	All
Fruits & fruit juices	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
Grains & starches	None	All
Soups	Chicken, beef, clear broth, consomme	All others
Desserts	Clear flavored gelatin, popsicles (no red or purple flavors)	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others
BREAKFAST	LUNCH	DINNER
4 Oz White grape juice 6 Oz Clear broth Jell-O plain only	4 Oz Apple Juice 6 Oz Clear broth Jell-O plain or yellow, orange flavor	4 Oz Lemonade 6 Oz Clear broth Jell-O plain only

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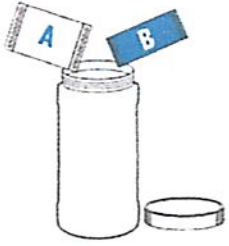
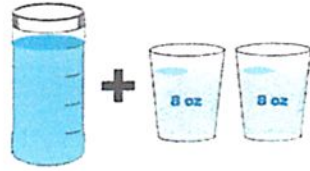
Phone (760)864.4163 / Fax (760)864.4166

Patient Instructions → Split-Dose Regimen

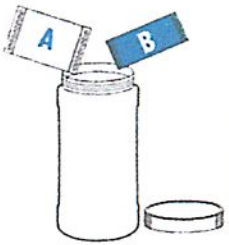
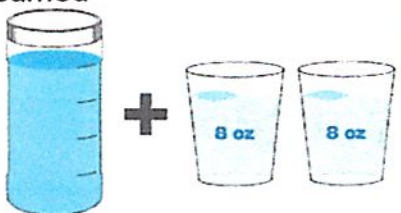
The MoviPrep carton contains 4 pouches and a disposable container for mixing.

You must complete the entire prep to ensure the most effective cleansing.

The evening before your colonoscopy beginning at: 2:00 pm

<p>Step 1</p> <p>Mix</p>	<ul style="list-style-type: none"> ➤ Empty 1 pouch A and 1 pouch B into the disposable container ➤ Add warm drinking water to the top line of the container. Mix to dissolve <p>If preferred, mix solution ahead of time and refrigerate prior to drinking, the reconstituted solution should be used within 24 hours.</p>	
<p>Step 2</p> <p>Drink</p>	<ul style="list-style-type: none"> ➤ The MoviPrep container is divided by 4 marks. Every 15 minutes drink the solution down to the next mark (approximately 8 oz), until the full solution is consumed ➤ Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and effective preparation 	<p>Clear liquids include water, ginger ale, apple juice, Gatorade, lemonade, and broth. No red or purple liquids.</p> <p>Ask your doctor if you have any questions about whether a particular drink is</p>

The evening before your colonoscopy beginning at: 6:00 pm

<p>Step 3</p> <p>Mix Second Dose</p>	<ul style="list-style-type: none"> ➤ Empty 1 pouch A and 1 pouch B into the disposable container ➤ Add warm drinking water to the top line of the container. Mix to dissolve <p>If preferred, mix solution ahead of time and refrigerate prior to drinking, the reconstituted solution should be used within 24 hours.</p>	
<p>Step 4</p> <p>Drink Second Dose</p>	<ul style="list-style-type: none"> ➤ The MoviPrep container is divided by 4 marks. Every 15 minutes drink the solution down to the next mark (approximately 8 oz), until the full solution is consumed ➤ Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and effective preparation 	

A colonoscopy prep causes the body to lose a significant amount of fluid and can result in **sickness due to dehydration**. It's important that you prepare your body to **drink extra clear liquids** before the prep. **Stay hydrated by drinking all required clear liquids** during the prep replenish your system by drinking clear liquids after returning home from your colonoscopy.

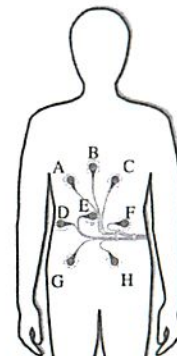
If you have any questions call our offices at: Palm Springs 760.864.4163 and La Quinta 760.771.2700

Patient Instructions for Undergoing SB Capsule Endoscopy

Your physician has determined that as part of your medical evaluation you should undergo an examination known as SB capsule endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) PillCam™ SB capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the SensorArray™ which is placed on your abdomen. The SensorArray is attached to a walkman-like DataRecorder™ which saves all the images. It is located in the RecorderBelt™, which is worn around your waist. After 8 hours, you will remove the RecorderBelt and return it to your physician for processing. The PillCam SB capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:



PillCam SB capsule



SensorArray applied to the abdomen

The Day before Capsule Endoscopy

1. After lunch on the day before the SB capsule endoscopy examination, start the liquid diet your physician prescribed. From 10 p.m. the evening before SB Capsule Endoscopy, do not eat or drink except for necessary medication with a sip of water.
2. Do not take any medication beginning 2 hours before undergoing SB capsule endoscopy.
3. Abstain from smoking 24 hours prior to undergoing SB capsule endoscopy.
4. Male patients should shave their abdomen 6 inches (15 cm) above and below the navel on the day of the examination. If it is difficult for you to shave your abdomen, please contact your physician's office to arrange to have this done in advance.

Day of Capsule Endoscopy

1. Arrive at your physician's office at the prescribed time for your SB capsule endoscopy dressed in loose fitting, two-piece clothing.
2. At your physician's office, you will have a pre-procedure interview. During this interview you should be informed that SB capsule endoscopy is associated with a small chance of intestinal obstruction. You will be checked-in and asked to give your informed consent.
3. The SensorArray will be applied to your abdomen with adhesive pads and will be connected to the DataRecorder which you will wear in a belt around your waist. After that you will be instructed to ingest the PillCam SB capsule.

After ingesting the PillCam SB capsule

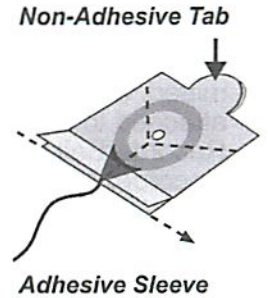
1. After ingesting the PillCam SB capsule, do not eat or drink for at least 2 hours. After 4 hours you may have a light snack. After the examination is completed, you may return to your normal diet. The above instructions related to eating apply, unless your physician specifies otherwise. Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during SB capsule endoscopy.
2. After ingesting the PillCam SB capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio.
3. Occasionally, some images may be lost due to radio interference (e.g. from amateur radio transmitter, MRI, etc.). On rare occasions this may result in the need to repeat the SB Capsule Endoscopy examination. In this case, the physician will advise you to stay within the premises of the clinic during the SB capsule endoscopy to prevent this problem from recurring.
4. SB capsule endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder.
5. During SB capsule endoscopy, you will need to verify every 15 minutes that the small light on top of the DataRecorder is blinking twice per second. If, for some reason it stops blinking at this rate, record the time and contact your physician. You should also record the time and nature of any event such as eating, drinking, your activity and unusual sensations. Return the Event Form with these notes to your physician at the time you return the equipment.
6. Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during capsule endoscopy.



RecorderBelt on Patient

After completing SB Capsule Endoscopy

- You will be instructed by your physician on how to return the equipment at the end of SB capsule endoscopy. If you were instructed to remove the equipment by yourself, do the following: (a) Disconnect the SensorArray from the DataRecorder; (b) Take off the RecorderBelt (with the DataRecorder and Battery Pack); (c) Disconnect the Battery Pack from the DataRecorder (d) Place DataRecorder and Battery Pack in a safe place. To remove the SensorArray from your abdomen, do not pull the leads of the SensorArray! Peel off each adhesive sleeve starting with the non-adhesive tab without removing the sensor from the adhesive sleeve. Place the SensorArray with the rest of the equipment. The attending physician will use the data from the examination for the medical evaluation.
- The DataRecorder stores the images of your examination. Handle the DataRecorder, RecorderBelt, SensorArray and Battery Pack carefully. Do not expose them to shock, vibration or direct sunlight, which may result in loss of information. Return all of the equipment to your physician's office as soon as possible.
- If you did not positively verify the excretion of the PillCam SB capsule from your body, and you develop unexplained post procedure nausea, abdominal pain or vomiting, contact your physician for evaluation and possible abdominal X-ray examination.
- Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the excretion of the PillCam SB capsule from your body, you should contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.



SB Capsule Endoscopy Event Form

Patient Name		ID No:	
Time	Event (eating, drinking, activity and unusual sensations)		
	PillCam SB capsule ingestion		

Who to call in case of need:	Time to return to facility:
	Special Instructions: