



**Clínica de Carson City**  
1385 Vista Lane  
Carson City, Nevada 8970  
775-884-4567

**Para cambios de programación, por favor llame a:**  
775-884-4567

Nombre del paciente: \_\_\_\_\_ Fecha de Cita: \_\_\_\_\_

Hora de registro: \_\_\_\_\_ Hora de la cita: \_\_\_\_\_

### **Instrucciones de preparación para la endoscopia por cápsula con preparación de bajo residuo**

#### **Instrucciones de Medicación:**

- No tomar hierro oral siete (7) días antes de su endoscopia con cápsula
- No tomar Carafate ni antiácidos 24 horas antes de su endoscopia con cápsula

#### **Instrucciones y información especiales:**

- Los pacientes diabéticos deben suspender sus medicamentos que disminuyen su glucosa en sangre la mañana de la endoscopia por cápsula.
- Necesitarás comprar una botella de 10 oz de Citrato de Magnesio para fines de preparación.
- Si el paciente está tomando dulaglutida (Trulicity), tirzepatida (Mounjaro), Wogevy, semaglutida (Ozempic), programe la cita para la cápsula el día antes de la próxima dosis del paciente o suspenda durante 5 días, lo que ocurra primero.

- Si actualmente está tomando fentermina, suspenda su uso durante 5 días.
- La falta de proporcionar un aviso de cancelación previo resultará en una tarifa de No-Show de \$40.00. La tarifa se cobrará antes de reprogramar.

## **DÍA ANTES DE LA ENDOSCOPIA CON CÁPSULA**

1. El día antes del examen de Endoscopia por Cápsula, puede tener una dieta baja en residuos ligeros **en el desayuno.**

Principios básicos:

- Evite alimentos ricos en fibra
- Use granos y cereales refinados
- Evite semillas, cáscaras y nueces

### **Menú de Muestra:**

<b>Desayuno:</b>	<b>6 oz de jugo de uva o leche ½ tostada blanca con margarina y mermelada 1 huevo con 1 tira de tocino crujiente</b>
------------------	--

### **Otras opciones de bajo residuo:**

<b>Grupo de alimentos</b>	<b>Alimentos para elegir</b>
<b>Carne</b>	<b>Bien cocidos, carnes, tofu, pollo, pescado, huevos, mantequilla de maní suave</b>
<b>Granos</b>	<b>Cereales cocidos (sémola, crema de trigo, crema de arroz), cereales refinados, pan blanco, galletas, bollos, galletas saladas, panqueques, gofres</b>
<b>Verduras</b>	<b>Verduras bien cocidas o enlatadas, jugo de verduras</b>

<b>Fruta</b>	<b>Bananas, frutas en puré como la compota de manzana, frutas enlatadas, jugo de frutas - sin pulpa</b>
<b>Leche/Lácteos</b>	<b>1 porción de leche, yogur, queso o requesón</b>
<b>Grasas/condimentos</b>	<b>Mantequilla, margarina, aceite, bacon crujiente, mayonesa, sal</b>

## **2. Después del desayuno, comienza la dieta de líquidos claros:**

*Los líquidos claros incluyen: agua, jugos de frutas claros (sin rojo, púrpura o verde), refrescos claros (sin rojo, púrpura o verde), sopas coladas y caldo, gelatina (sin rojo, púrpura o verde), paletas (sin rojo, púrpura o verde), té. **No café, no crema y no alimentos sólidos.***

- a. Desde la medianoche de la noche anterior a la endoscopia con cápsula, no coma ni beba nada excepto los medicamentos necesarios con un sorbo de agua.
- b. Abstenerse de fumar 24 horas antes de someterse a una endoscopia por cápsulas.

## **3. EL DÍA DE LA ENDOSCOPIA CON CÁPSULA:**

- a. a. Beba una botella de 10 oz de Citrato de Magnesio seguida de 2 tazas de agua, tres horas antes de su cita de cápsulas.
- b. **Nada por vía oral durante dos horas antes.**



## What is Capsule Endoscopy of the Small Bowel?

Capsule endoscopy technology allows your doctor to visualize your small bowel, in areas difficult to reach through traditional endoscopic procedures.

The Capsule used is about the size of a large vitamin tablet and can be easily swallowed. It passes through the gastrointestinal system, taking thousands of images via a miniature camera. You may go about your normal routine while the exam is in progress. After the capsule passes through your gastrointestinal system, your doctor will retrieve the pictures from the Capsule and view them using specialized software.

## Why is Capsule Endoscopy done?

Capsule endoscopy helps your doctor view the inside of your small bowel as an initial diagnosis of your condition, a follow-up to other procedures or to further evaluate your condition during or after treatment.

## 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 the 8 hours of fasting you may drink clear liquid to ensure better quality pictures, thereby providing better diagnosis. Your doctor will provide you with specific instructions on preparation. It is important to follow these instructions to prevent repeating the procedure.

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

After following the preparation instructions, you'll be fitted with a NaviCam® SB Data Recorder and Belt. Your doctor will explain the procedure, review any contraindications and instruct you to swallow the Capsule.

The capsule will feel like a large vitamin capsule as you swallow it. You will not be aware of the capsule as it moves through your gastrointestinal system. Once you swallow the Capsule, you must stop drinking liquids. You can then go about your daily routine depending on your health condition and doctor's advice. After two hours you may begin to drink clear liquid again and after four hours, a light snack is allowed. Your doctor will provide you with specific instructions during this time. While the Capsule is in your body, you may not have an MRI exam or be near an MRI machine. Your doctor will discuss any and all restrictions.

## What are the NaviCam® SB components?

### Small Bowel Capsule

The ingestible Capsule is a pill-sized video camera that you swallow with water before starting the examination. Inside the Capsule is a tiny camera with a light source. It continually captures images of your small bowel.

### Data Recorder

The Data Recorder is worn over your clothes for the examination. It is used to receive the picture images within the small bowel that captured by the capsule during the examination.



## What does the doctor do after I return to the Clinic?

The NaviCam® SB Capsule takes thousands of high-resolution pictures as it passes through your gastrointestinal system. Using special equipment, your doctor transfers these pictures to a computer workstation.

The proprietary software application converts the pictures into video format allowing your doctor to carefully examine and diagnose abnormalities within your small bowel. Your doctor will then compile a report of the findings and discuss the results with you, including the next steps in your diagnosis and treatment.



The patient swallows the NaviCam® SB Capsule.



Then, the patient leaves the clinic with the Crossbody Belt and Data Recorder and returns to the clinic after about 8 hours.



After the study is downloaded and processed in the clinic, the doctor will review the study and determine a diagnosis and plan for the patient.

**A Safe & Simple option for small bowel examination.**

**All small bowel capsule systems are not created equal!**



AnX Robotica is the first company to combine artificial intelligence with small bowel capsule endoscopy through its innovative ProScan™ software. This combination provides your physician with the most sophisticated approach to diagnose and treat your Gastrointestinal condition.

## Is the NaviCam® SB procedure right for me?

If you are pregnant, unable to swallow the NaviCam® SB Capsule or have a known obstruction in your gastrointestinal system, you should not have a NaviCam® SB procedure. Tell your doctor about any previous abdominal surgeries or known gastrointestinal disease.

## What are the possible complications?

Although rare, complications can occur, including failure to excrete the Capsule. Contact your doctor immediately if you feel any discomfort during or after the procedure.

### Contact Details

Distributed by:  
AnX Robotica  
6010 W. Spring Creek Pkwy  
Plano, TX 75024  
855.777.0020 or 469.606.9495  
info@anxrobotics.com

ALWAYS READ THE LABEL. USE ONLY AS DIRECTED. YOUR HEALTHCARE PROFESSIONAL WILL ADVISE YOU WHETHER THIS PRODUCT IS SUITABLE FOR YOU.

# NAVICAM® SB System

SMALL BOWEL CAPSULE ENDOSCOPY

## Patient Information

