

**Supplementary Table 1.** Patient Instructions for the Small Bowel Capsule Endoscopy: after Ingesting the Capsule and after Completing Capsule Endoscopy (for PillCam SB1<sup>®</sup>, PillCam SB2<sup>®</sup>, and PillCam SB3<sup>®</sup> users)

## Patient instructions to ensure successful small bowel capsule endoscopy

- Remain active while awoken.
- Avoid any physical activity that involves sweating, bending, or stooping.
- Use the bathroom as often as needed.
- Avoid any source of powerful electromagnetic field such as an MRI.
- Avoid direct exposure to bright sunlight.
- (For DR3 only) Do not remove the PillCam recorder until the capsule is excreted or the “*End of Procedure*” instruction appears on the PillCam recorder.
- (For DR3 only) If the capsule icon at the top of the screen is “red” (which means “recording with noise” or “malfunctioning”), move to a different location until the capsule icon is black and the LED has resumed blinking.
- (For DR2 only) If the LED of the PillCam recorder stops blinking blue before the end of the procedure, contact the medical staff.
- The end of the procedure for a PillCam recorder DR3 is when the “*End of Procedure*” instruction is alerted and displayed on the recorder screen. For a PillCam recorder DR2, the end of the procedure is when the capsule LED of the PillCam recorder stops blinking blue (no transmissions from the capsule are received) and more than 8 hours for a PillCam SB capsule passed since the ingestion of the capsule. The end of the procedure may also be declared by the medical staff after proper consultation if the blinking stopped before the above specified times.
- At the end of the procedure, remove the PillCam recorder and sensors. If you need assistance, or were instructed to do so, return to the clinic to have this done.
- Contact the medical staff in case of any unexpected or doubtful event (abdominal pain, vomiting, disturbance in gas passage, etc.) during the tests.

## Patient instructions on dietary intake after swallowing the capsule

- Patients may drink colorless liquids starting 2 hours after capsule ingestion and can have a light snack 4 hours after capsule ingestion, if the medical staff does not provide any individualized instructions.

## Patient instructions related to capsule retention

- Image data are recorded in the data recorder. Therefore, it is not necessary to retrieve the ingested capsule to get image data.
- If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain, or vomiting, contact your doctor for evaluation.
- Undergoing an MRI while the capsule is inside may result in damage to your intestinal tract or abdominal cavity. Undergoing an MRI should be avoided until the evacuation of the capsule is ensured.
- If the excretion of the capsule is not documented for more than two weeks, abdominal radiography may be considered to exclude the capsule retention.

MRI, magnetic resonance imaging; DR3, PillCam recorder DR3; LED, light emitting diode; DR2, PillCam recorder DR2.

Please refer to the user manual provided by the manufacturer to find details of the patient instructions.