

Supplementary Table 2. Patient Instructions for the Small Bowel Capsule Endoscopy: after Ingesting the Capsule and after Completing Capsule Endoscopy (for MiroCam® users)

After ingesting the MiroCam® capsule endoscope instruct the patient to:

- Immediately report any episodes of abdominal pain, nausea or vomiting, to the nurse or physician in charge.
- After ingesting the MiroCam® capsule you may ingest water, and only water. At least 250 mL of water should be ingested per hour.
- Four hours after swallowing the MiroCam® capsule, you will be permitted to resume a clear liquid diet. A clear liquid diet includes water, clear broth, Jell-O, Sprite, apple juice, and popsicles. No solid foods, milk or milk products, or dark-colored liquids are allowed. A light diet (e.g., applesauce, cereal, toast) can be resumed six hours after the MiroCam® capsule was swallowed.
- Do not touch or disturb the MiroCam® receiver or get them wet for the duration of the procedure. The MiroCam® receiver and sensors must remain on the body for a period of 12 hours after ingestion of the MiroCam® capsule.
- If a sensor pad or cable is removed during the procedure, the patient can replace the sensor pad or cable and take a note of the time of the occurrence.
- Patient should not exercise or lift heavy items.
- Daily activities, aside from strenuous activities are permitted for the patient.
- Please refrain from bathing or showering while sensor pads and MiroCam® receiver are attached to your body.
- Patient must avoid MRI rooms at the hospital and radio transmission towers.
- Patient should not use electric blankets or electric heating pads.
- Use of computers, radios, and cell phones are permitted.
- Keep away from other patients who are undergoing the MiroCam® capsule endoscopy procedure.
- Once the patient has ingested a MiroCam® capsule, the patient may leave the clinic.
- Patient should not open the MiroCam® receiver bag. The safety of electrostatic discharge when the patient leaves the clinic is not published.
- Patient should not contact any electric device to the patient abdomen directly. This may lead to loss of image data. Tell the patient to notify the nurse or physician of symptoms of abdominal pain, or vomiting during or after the MiroCam® capsule endoscopy procedure.
- Tell the patient to avoid excessive physical activity during the MiroCam® capsule endoscopy procedure.
- Four hours after ingesting the MiroCam® capsule, patients may resume a liquid diet.
- When undergoing the MiroCam® capsule endoscopy procedure, DO NOT make physical contact with another person undergoing the same procedure.

Completion of the procedure

- The MiroCam® receiver set, sensor pad, and cables can be removed by the patient 12 hours after ingestion of the MiroCam® capsule.
- MiroCam® capsule will be naturally excreted.
- Instruct patient to contact nurse or physician if the patient feels acute or continuing abdominal pain.
- Meals: eat as usual.
- The day following the MiroCam® Capsule endoscopy procedure the patient may resume all usual activities.
- MRI examinations: patient should avoid MRI examinations prior to excretion of the MiroCam® capsule.
- If the MiroCam® capsule has not been excreted from the patient within 72 hours, patient should contact the physician. If examination confirms retention of the MiroCam® capsule, surgical or medical treatment to remove the MiroCam® capsule may be necessary.
- The MiroCam® capsule and sensor pads are medical waste, and should be disposed of according to local regulations or WEEE directive on waste disposal.

MRI, magnetic resonance imaging; WEEE, waste electrical and electronic equipment.

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