



INTERVENTIONAL GASTROENTEROLOGY

Simon K. Lo, MD ▪ Laith H. Jamil, MD ▪ Srinivas Gaddam, MD, MPH ▪ Quin Y. Liu, MD ▪ Stephen J. Pandol, MD

## PROCEDURE INFORMATION

**Patient name:**

**Date of Birth:**

**Procedure:** WIRELESS CAPSULE ENDOSCOPY  
(PILLCAM STUDY) WITH BOWEL PREP

**Date of Procedure:**

**Check-in Time:**

Cedars-Sinai Medical Center  
South Tower  
8700 Gracie Allen Drive  
Los Angeles, CA 90048

- Check in at the registration desk on the Street Level of the South Tower
- If you have questions about this appointment, please call our office at (310) 423-6082 between 8am and 5pm, M-F

INTERVENTIONAL GASTROENTEROLOGY

Mailing Address: 8700 Beverly Blvd. South Tower, Suite 7511 ▪ Los Angeles, CA 90048  
Toll Free: (888) 3-GI-DEPT ▪ Tel: (310) 423-6082 ▪ Fax: (310) 423-1826



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## WIRELESS CAPSULE ENDOSCOPY (with Miralax Prep)

Your doctor has recommended that you take a bowel preparation prior to your Wireless Capsule Endoscopy. You will need to purchase the following items, available over-the-counter at your pharmacy:

1. One bottle of **MiraLAX powder**. You will need 119 grams of powder (7 doses)
2. **32-ounce bottle of Gatorade** (NO red, blue, or purple colors)

### Please notify us if you have a history of:

- Dysphagia or esophageal stricture
- Eosinophilic esophagitis
- Bowel obstruction
- Crohn's disease
- Koch pouch
- Radiation therapy to the abdomen
- Cardiac pacemaker or other implanted device

### THE DAY BEFORE YOUR PROCEDURE:

- You will be on a clear liquid diet the entire day. Here are some examples of clear liquids:
  - Water, strained fruit juices *without* pulp (apple, white grape), tea or coffee *without* creamer or milk, clear chicken or beef broth, carbonated and non-carbonated soft drinks, gelatin or Jell-o as long as they are NOT red, purple or blue
- **Begin bowel prep at 5pm:** Combine 119 grams of MiraLAX with 32 ounces of Gatorade and mix well. You may refrigerate the solution to drink it chilled. Drink one 8-ounce glass every 10-15 minutes until solution is gone.
- You may drink CLEAR LIQUIDS until midnight. **Nothing to eat or drink after midnight.**

### THE DAY OF YOUR PROCEDURE:

- Wear two-piece, loose fitting, **DARK COLOR** natural fiber clothing for the study
- 2 hours prior to the procedure, certain essential medications can be taken with a sip of water
- Please bring your **photo I.D. and insurance card**.
- **Please check in at the Registration Desk in the lobby of the South Tower (street level) by your check-in time stated above.**

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## WHAT TO EXPECT:

- This test *may* take up to 12 hours to complete
- You will not have an assigned room to stay in during the procedure. You will be permitted to leave the hospital after swallowing the capsule. However, you will need to return and check in with the capsule nurse at 2 hours and 8 hours after swallowing the capsule.
- You will be allowed to drink **clear liquids** 4 hours after swallowing the capsule, but no solid food is permitted until the procedure is over and the data recorder is removed.
- Avoid strong electromagnetic fields such as Magnetic Resonance Imaging (MRI) or ham radio devices after swallowing the capsule and until you pass it in a bowel movement
- The capsule typically passes naturally in a bowel movement after 24-72 hours. It does not need to be retrieved and can be safely flushed down the toilet.
- Your referring physician will be notified of results usually within 3-5 days after your study. **Please contact your referring physician for results.**

## LOCATION:

- Your procedure will take place on the 7<sup>th</sup> floor of the South Tower at Cedars-Sinai Medical Center located at 8700 Gracie Allen Drive in Los Angeles, CA 90048. **You will check in at the Registration Desk on the street level of the South Tower then proceed to the 7th floor for your scheduled procedure.** Follow the signs to the “GI Endoscopy Unit”.

## PARKING:

- Validated parking (\$5.00 flat fee) is available in Parking Garage P4 (Sherbourne Drive), Spielberg Visitor Parking (P2), and North Tower Visitor Parking P1 (George Burns Road). Valet parking is available in P3 for an additional fee. Please refer to the map attached.
- We **cannot** validate parking for the East and West Medical Office Parking Tower.

## MEDICAL RECORDS:

- A copy of your procedure note and results will only be faxed to **your referring physician** once it has been finalized by our physician.
- You may request a copy of the finalized reports for personal use through our **Health Information Management Department**, Phone: (310) 423-2259. A copy of the form you must sign can be found on the Cedars-Sinai Website at <http://www.cedars-sinai.edu>

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## DRIVING DIRECTIONS & PARKING INFORMATION

<p><b>Our clinic is located at:</b>          Thaliens Health Center          2<sup>nd</sup> Floor Room E204          8730 Alden Drive          Los Angeles, CA 90048</p>	<p><b>Our procedure area is located at:</b>          Cedars-Sinai Medical Center          GI Endoscopy Unit – South Tower, 7<sup>th</sup> Fl          8700 Gracie Allen Drive          Los Angeles, CA 90048</p> <p><i>You must check-in with the Registration Desk on the Street Level of South Tower if you have a procedure.</i></p>
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### **San Fernando Valley or Ventura County**

Take 101 South to 405 South to 10 East. Exit on Robertson Blvd, head north for 3 miles to Alden Drive and make a *right*. Parking Lot P2 is on your *left* hand side on the corner of Alden Drive and George Burns Rd.

### **LAX, Beach Cities, or Orange County**

Take 405 North to 10 East. Exit on Robertson Blvd, head north for 3 miles to Alden Drive and make a *right*. Parking Lot P2 is on your *left* hand side on the corner of Alden Drive and George Burns Rd.

### **Pasadena, Duarte, or Cities near the 134 and 210 Freeways**

Take 110 South to 10 West. Exit on Robertson Blvd, head north for 3 miles to Alden Drive and make a *right*. Parking Lot P2 is on your *left* hand side on the corner of Alden Drive and George Burns Rd.

### **Monterey Park, El Monte, Baldwin Park, or Cities near the 10 and 60 freeways**

Take 10 West. Exit on Robertson Blvd, head north for 3 miles to Alden Drive and make a *right*. Parking Lot P2 is on your *left* hand side on the corner of Alden Drive and George Burns Rd.

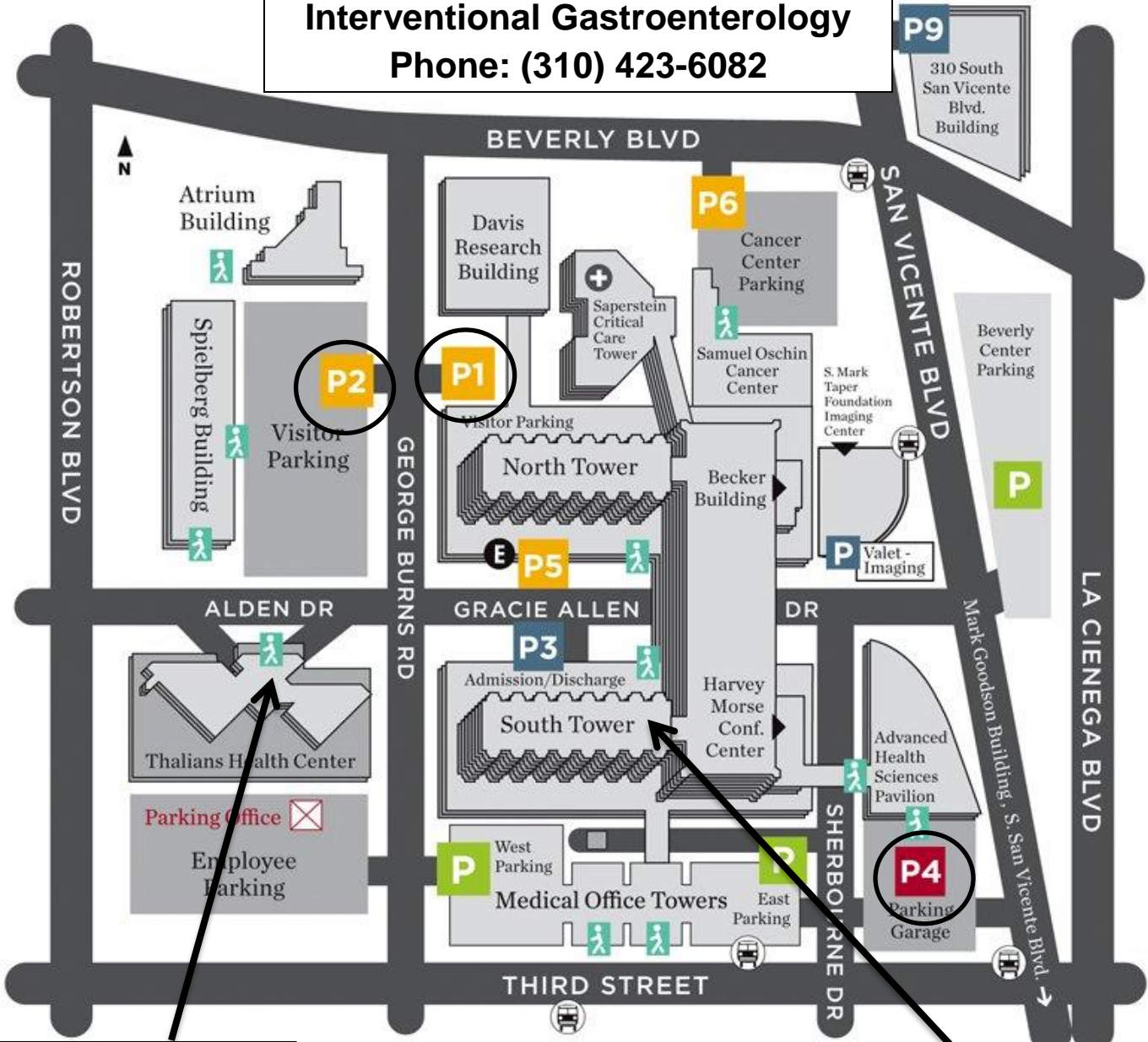
### **Westwood, Sherman Oaks, or Van Nuys**

Take 405 South to 10 East. Exit on Robertson Blvd, head north for 3 miles to Alden Drive and make a *right*. Parking Lot P2 is on your *left* hand side on the corner of Alden Drive and George Burns Rd.

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**Cedars-Sinai Medical Center Map**  
**Interventional Gastroenterology**  
**Phone: (310) 423-6082**



*If you have an office visit:*

Register in the **Thaliens Building** on the **2<sup>nd</sup> floor Rm E204**.

**KEY**

	Visitor Parking
	Valet Parking
	Visitor & Valet Parking
	Non-Cedars-Sinai Parking
	Emergency Parking
	Pedestrian Entrance
	Bus Stop

*If you have a procedure:*

You must check-in at the **Registration Desk** located on the Street Level of **South Tower**.

Your procedure will take place in the **GI Endoscopy Unit** on the **7<sup>th</sup> floor**.

\$5 Parking with validation in Parking Lots: **P2, P4, and P1**  
 Valet Parking available for additional fee in Lot **P3**