

Capsule Endoscopy

Procedure Instructions



Procedure Date: _____ Check-in Time: _____ GI Physician: _____

Location: _____ Procedure Time: _____

Special Instructions:

- To ensure a successful exam, please follow all instructions on this sheet carefully. Failure to do so could result in your procedure being postponed or cancelled.
- If you are pregnant, please discuss the risks and benefits of this procedure with your physician.
- For one week prior to the capsule endoscopy: Do not take any iron supplements.
- Also, if you have a pacemaker or defibrillator (AICD), please let us know.

Video Capsule Endoscopy:

Your doctor has ordered a Video Capsule Endoscopy to evaluate your small intestines. This procedure involves swallowing a capsule the size of a large vitamin pill. The capsule will pass through your small intestines taking pictures. The pictures will be transmitted to a small device which you will wear on a belt around your waist. The test lasts 6 to 8 hours, during which time you may leave and go about your daily activities. At the end of that time, you will be asked to return the recording computer to the Gastroenterology Clinic, where the images will be downloaded for analysis. The video capsule is disposable and will usually pass naturally in your bowel movement within 24-48 hours.

Day Before Your Procedure:

- You may have a light breakfast. After breakfast, you should have only clear liquids. Avoid anything colored red or purple. Do not eat solid food after 11AM.
- Do not take any medications that may coat the lining of the bowel (Milk of Magnesia, Carafate, Mylanta, PeptoBismol)
- Between 6-8PM, drink one bottle of Magnesium Citrate. Alternatively, your physician may prescribe 2 liters of a Trilyte or Golytely bowel prep instead of Magnesium Citrate.
- Nothing by mouth (except meds) after midnight the night before the procedure.

Day Morning Of Your Procedure:

- If you currently take blood pressure and/or cardiac medication in the morning, go ahead and take it early the morning (between 5-6AM) of the procedure with just enough water to get it down. Resume the rest of your medication after the procedure is complete.
- Take 2 Gas-X tablets 30 minutes before coming in for the test.
- Do not take other medications until 2 hours after swallowing the capsule.
- Wear loose fitting clothing (preferably a button-down shirt).
- Arrive at your physician's office at the scheduled time.

During Your Procedure:

- You may have clear liquids and other medications 2 hours after swallowing the capsule. You may eat a light meal 4 hours after swallowing the capsule.
- Do not exercise. Avoid heavy lifting. You may walk, sit, and lay down. You can drive a car. You may return to work if your work allows avoiding heavy lifting, exercise, and rapid jerky movements.
- Try not to touch the recorder or the sensor belt. Avoid getting the equipment wet.
- You may loosen the belt to allow yourself to go to the bathroom, but do not take it off.
- After ingesting the 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.
- 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 Capsule Endoscopy examination.
- During capsule endoscopy, you will need to verify every 15 minutes that the blue light on top of the Data Recorder is blinking. If, for some reason it stops blinking, 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.

After Procedure And Other Considerations:

- Pain is uncommon, but if you feel sharp or persistent pain, please call our office.
- Nausea is uncommon, but should it occur, please call our office.
- You may eat or drink – there are no restrictions other than ones you have already been on (such as low sodium or diabetic diet).
- You may resume normal activities, including exercise.
- You may resume all medications.
- Until the capsule passes, further testing which includes any type of MRI should be avoided. If you have any MRI examination scheduled in the next 3 days, the MRI should be postponed.
- The capsule passes naturally in a bowel movement, typically in about 24 hours. Most likely you will be unaware of its passage. It does not need to be retrieved and can safely be flushed down the toilet. Should you be concerned that the capsule did not pass, in the absence of symptoms, an abdominal x-ray can be obtained to verify the capsule has passed into the colon.

Questions:

- If you have questions, or if you find you cannot tolerate the prep, then please call our patient line at **1-855-455-4278**

