

Capsule Endoscopy

Procedure Instructions

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

Location: _____ Procedure Time: _____

You will need to purchase Miralax (4 Single packets or 4 Cap-fulls) & 32oz Gatorade over the counter at your local Pharmacy

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 canceled.
- 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:

- Step 1: After lunch, begin a clear liquid diet. (No solid food or dairy products). It is important to drink a lot of fluids to prevent dehydration. Try to drink at least 8 ounces of liquid every hour.
- Step 2: At 5:00pm mix 4 cap-fulls (17g) of Miralax with 32oz of Gatorade (No Red or Purple). Drink mixture and remain close to the restroom. Continue clear liquids until midnight.
- Step 3: If you are DIABETIC take $\frac{1}{2}$ your usual dose the evening before your procedure.

*****Nothing by mouth (except meds) after 9:00PM the night before the procedure.*****

CLEAR LIQUIDS:

- Coffee (No cream)
- Honey
- Carbonated Beverages
- Gatorade
- Strained Lemonade
- Water/Tea
- Popsicles
- Italian Ice
- Broth / Bouillon / Consommé
- Jelly/Syrups
- Apple juice/Fruit Juices
- Jello (No fruit/No red)

FULL LIQUIDS:

- Pudding/Ice Cream
- Milkshake/yogurt
- Grits/Oatmeal/Cream of wheat
- Sherbet/Custard
- Butter/Margarine

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Day Of Your Procedure:

- A recording device that has a sensor will be fitted to a belt that you will wear around your waist on the outside of your clothing.
- Once the device is in place, you will be asked to swallow the capsule containing the camera.
- After swallowing the capsule, **DO NOT EAT OR DRINK FOR THE NEXT 2 HOURS.**
- **Two Hours** after swallowing the capsule you may take any medications that you normally take in the morning with clear liquids. If you are diabetic, take $\frac{1}{2}$ your usual morning dose.
- **AVOID RED LIQUIDS**
- **Four Hours** after swallowing the capsule you may have full liquids. Nothing RED and NO CHOCOLATE
- The procedure lasts about 7 hours. Do not disconnect the equipment or remove the belt at any time during this period. Since the recorder is a small computer, it needs to be protected from any damage. Avoid sudden movements and do not bang the recorder.
- If you want to nap during the day, lie flat on your back. **DO NOT lie on your side**, this could block the passage of the capsule through your intestine. Avoid any strenuous activity. Do not bend or stoop over for prolonged periods of time.
- Approximately every 30 minutes during the procedure, you will need to check that the small blue light at the top of the recorder is blinking. If it turns RED call our office.
- An event log will be given to you at the start of the study. Throughout the day, record the time and nature of any event such as, eating, drinking, change in level of activity and unusual sensations. Return the completed log when you return to our office to be disconnected.
- Do not attempt to disconnect the equipment by yourself. The medical assistant will disconnect when you return to the office.
- The capsule should pass in your bowel movement within one to two days. Once it has passed, you can flush it down the toilet. Do not return the capsule to the office. If you feel the capsule did not pass, call our office and your physician will order an X-ray of your abdomen to verify.
- Until it is verified that you have passed the capsule, stay away from any source of powerful magnetic fields, such as MRI.

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.



