

## **Small Bowel Capsule Endoscopy**

### **About the Test:**

Your physician has recommended that you should undergo an examination known as small bowel capsule endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to a data recorder, which is a Walkman sized receiver which saves the images. You will be wearing a large belt around your waist and suspenders over your shoulders. After 8 hours you return to the Center and have the data recorder removed. The images will then be downloaded to a computer so that your physician can examine them. The capsule is disposable and will be excreted naturally with your bowel movement.

### **One Day before Your Test:**

After 3pm, do not eat any solid foods. You may drink only clear liquids after 3pm. Clear liquids consist of: black coffee or tea, beef/chicken broth, apple juice, white grape or white cranberry juice, Gatorade, popsicles and Jell-O. Please do not have any red or purple flavors.

At approximately 3pm drink ½ bottle (5oz) of Citrate of Magnesia.

### **The Day of Your Test:**

Do not eat or drink anything after midnight. Do not take your morning medications unless instructed by your doctor.

Please do not apply any lotions or creams to your abdomen. Please wear loose, comfortable two piece clothing. A top that has buttons in the front is ideal.

The nurse will bring you back to the admission area to get you ready for your test.

The nurse will apply 8 adhesive sensors to your abdomen and attach them to the data recorder that you will be wearing for the next 8 hours. You will swallow the capsule with a full glass of water. You may now leave and go about your usual daily activities.

### **Patient Instructions during Small Bowel Capsule Endoscopy:**

Please call our office or your physician's office directly if you experience any of the following symptoms: persistent chest pain or abdominal pain, nausea, vomiting, fever or difficulty swallowing. We ask that you stay in the area (on the Peninsula) for the 8 hours the test is being performed.

You may begin drinking clear liquids 2 hours after swallowing the capsule. You may eat a light meal 4 hours after swallowing the capsule. You may also take your medications at this time.

Do not exercise and avoid heavy lifting. You may walk, sit or lie down. You may drive a car. It is fine to return to work if your work allows you to adhere to the above restrictions. Keep in mind that you will be wearing a fairly large belt and suspenders.

Avoid going near MRI machines and radio transmitters. It is fine to use a cell phone, computer or radio. Do not stand next to another patient that is undergoing a capsule endoscopy.

Do not get the sensor leads wet. Try not to touch the recorder or leads, and do not remove any of the leads.

You may loosen the belt to use the restroom, but keep the suspenders on so that the recorder does not fall.

Observe the LED light on the data recorder at least every 15 minutes. If the light stops blinking, call our office immediately; you will most likely have to return to our office.

Return to the Endoscopy Center at the specified time (8 hours later) to have the unit removed; this should take no more than 10 minutes.