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Patient Instructions for Undergoing Capsule Endoscopy

Your physician has decided that as part of your medical evaluation, you should undergo a procedure known as a capsule endoscopy. The procedure involves swallowing a capsule the size of a large vitamin pill which will take nearly 60,000 pictures over the next eight hours as it passes through your digestive track. The images are transmitted to small stickers which are taped to the skin on your abdomen. The electrodes are connected to a Walkman like recorder which saves the images. At that point, you will be able to leave the office.

After 8 hours you will return to the office to remove the equipment so the information can be analyzed. The capsule will be excreted naturally with a bowel movement. You do not need to return the capsule to us (we don't want it back).

In general, the procedure is very safe. Overall, complications occur in less than 1% of the time. Most complications are not life threatening. The main risk of the procedure is if the capsule were to get stuck in the intestine causing obstruction. This generally occurs at an abnormally narrowed or kinked loop of intestine. This could require an operation to remove the capsule. It is very important to notify our office if symptoms such as abdominal pain, or fever develop after the capsule is swallowed.

Like any test, the capsule exam is not perfect. There are possibilities that abnormalities including tumors may not be seen during the exam. It is also possible that the capsule could malfunction, causing loss of images, and could require that the exam be repeated another time.

You should not have this test if you have a pacemaker.

THREE DAYS BEFORE CAPSULE ENDOSCOPY

1. Discontinue all iron pills.

THE DAY BEFORE CAPSULE ENDOSCOPY

1. Start a clear liquid diet after lunch.
2. Around 6:00 PM, drink 4 oz. of Magnesium citrate (laxative).
3. From midnight the night before the exam, do not eat or drink except for necessary medications with a sip of water.
4. Patients should shave their abdomen six inches above and below their navel to assist with secure placement of the stickers.
5. Patients should not take medications the morning of the procedure; speak to your physician if you take any essential meds to discuss when they should be taken.

DAY OF CAPSULE ENDOSCOPY

1. Do not take any food, liquid, or medications prior to swallowing the capsule without discussing it with the physician.
2. Arrive at the office dressed in loose fitting, two-piece clothing.
3. You will be asked to sign a consent form.
4. The adhesive pads will be connected to your abdomen and then connected to the data recorder worn on a belt.
5. You will be instructed to swallow the pill.

AFTER SWALLOWING THE CAPSULE

1. After swallowing the capsule you should not eat or drink for at least two hours. Then you may have clear liquids. After four hours you may have a light snack. You can eat a normal diet once the exam is completed. If you develop any abdominal pain, nausea, or vomiting, contact our office immediately.
2. After ingesting the capsule, and until it is excreted, you should not be near any source of powerful electromagnetic fields such as near an MRI device or amateur (ham) radio.
3. The exam lasts for eight hours. Do not touch, disconnect the equipment or remove the belt at any time during the procedure. You may loosen the belt to go to the bathroom. The data recorder is a miniature computer and should be treated with great care.
4. Avoid sudden movement or banging of the equipment. Avoid any strenuous physical activity during the study especially if it involves sweating, as if the adhesive pads become detached vital information could be lost.
5. Check the LED light on the data recorder every 15 minutes. It should blink twice a second. If it does not occur, record the time and notify us.
6. Return to the office at the instructed time.

AFTER COMPLETING THE CAPSULE STUDY

1. If you did not positively verify the elimination of the capsule from your body and you develop unexplained post procedure nausea or abdominal pain, contact us immediately.
2. Undergoing an MRI while the capsule is inside your body may result in serious damage. If you did not verify excretion of the capsule from your body, contact us and we may advise checking abdominal x-ray prior to the MRI.

CLEAR LIQUID LIST
NO RED OR PURPLE DRINKS, POPS, OR JELLO PLEASE !!!!

CLEAR SODAS (ginger ale, 7UP, cola, seltzer, sprite)

CLEAR JUICES WITHOUT PULP (apple, white grape, white cranberry)

CLEAR SOFT DRINKS (clear sports drink such as Gatorade, kool-Aid, crystal light)

ICE POPS

JELLO

CLEAR BROTHS OR CLEAR BOULLIONS

ICED TEA

HOT TEA OR BLACK COFFEE (no milk or cream)

WATER

HARD CLEAR CANDY