

CAPSULE ENDOSCOPY

Please read these instructions carefully at least one week prior to your exam.



Capsule endoscopy is a procedure which involves ingesting a small capsule that will pass naturally through your digestive system while taking pictures of the intestine. Images from the capsule are transmitted to a data recorder worn on a belt on your abdomen. After eight hours patients return to the office and the belt is removed for processing. The capsule is disposable and will be excreted naturally in bowel movements.

The following instructions are intended to maximize the ease, safety, and accuracy of your capsule endoscopy.

ONE WEEK BEFORE EXAMINATION

- Discontinue iron supplements one week prior to exam.
- Avoid eating any nuts, seeds, or popcorn four days prior to your procedure.
- Obtain one 10-ounce bottle of Magnesium Citrate from your pharmacy or grocery store. No prescription is needed.

DAY BEFORE EXAMINATION

8:00AM Abstain from smoking 24 hours before capsule endoscopy.

NOON Begin a clear liquid diet as indicated in the box at right.

4:00PM Drink one 10-ounce bottle of Magnesium Citrate over the course of one hour. Stay close to the bathroom as you will have diarrhea.

10:00PM Do not eat or drink until your appointment tomorrow. You may take medications with a sip of water.



The following clear liquids are OK to drink:

- ✓ Water, Lemonade, Limeade, or Crystal Light
- ✓ Tea & Coffee without dairy or non-dairy creamer
- ✓ Apple, white grape, or white cranberry juice
- ✓ Beef, chicken, or vegetable clear broths
- ✓ Gatorade, Powerade, and similar sports drinks
- ✓ GingerAle, 7-Up, Sprite soft drinks
- ✓ Popsicles, Italian ices, or Jell-O desserts in any color except red, purple, or green

DAY OF EXAMINATION

6:30AM Take morning medications with a small sip of water.

8:00AM Report to the clinical office (Bldg 1) at GCA on North Belair Road. Wear two-piece clothing.

WHAT TO EXPECT:

- **Pre-procedure interview.** You will be checked-in and informed that the capsule endoscopy is associated with a small chance of intestinal obstruction, and will be asked to give your informed consent.
- **Data Recorder.** We will fit you with a data recording device that you will wear for the day.
- **Capsule Ingestion.** You will be instructed to swallow the capsule with a sip of water. Do **NOT** eat until indicated in the instructions below.
- **Drink Water.** After swallowing capsule, drink only water. You may have clear liquids starting at 11:00AM. Do not eat until 1:00PM.

11:00AM You may have clear liquids from the list above.

1:00PM You may have a light lunch or snack. Examples include soup, sandwich or salad. Avoid anything heavy or greasy. Resume clear liquids until you return to the office.

4:45PM Return to office for data recorder removal.

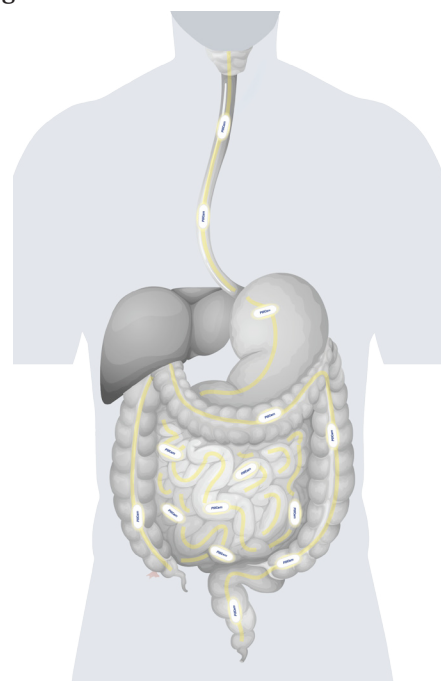
Contact our office immediately if you suffer any abdominal pain, nausea, or vomiting during the capsule endoscopy.

DURING THE EXAMINATION

- 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 tower.
- Occasionally, some images may be lost due to radio interference, such as from amateur radio transmitter or MRI. On rare occasions interferences may result in the need to repeat the capsule endoscopy examination. In such cases, the physician will advise you to stay on the premises of the clinic during the capsule endoscopy to prevent this problem from recurring.
- The capsule endoscopy lasts approximately eight hours and is considered complete according to your physicians instructions. Do not disconnect the equipment or remove the belt at any time during this period.
- Since the data recorder is actually a small computer, it should be treated with the upmost care and protection. Avoid sudden movement and banging of the data recorder. The data recorder stores the images of your examination. Handle the data recorder, recorder belt, and battery pack carefully. Do not expose them to shock, vibration, or direct sunlight which may result in loss of information.
- Avoid any strenuous physical activity, especially if it involves sweating.
- Do not lay flat during the capsule endoscopy. You may recline, but remain upright. Excessive bending over may loosen the belt or leads.
- Return to our office at **4:45PM** for data recorder removal.

AFTER THE EXAMINATION

- The capsule will be excreted naturally in bowel movements.
- **If you did not positively verify the excretion of the capsule from your body and you develop unexplained post-procedure nausea, abdominal pain, or vomiting, contact your physician for evaluation.** You may need to undergo an abdominal x-ray examination.
- Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal track or abdominal cavity. If you did not positively verify the excretion of the capsule from your body you should contact your physician for evaluation. It may be necessary for you to complete an abdominal x-ray before undergoing an MRI examination.



INDICATIONS AND CONTRAINDICATIONS

The capsule is intended for visualization of the small bowel mucosa. It may be used as an adjunctive tool in the detection of abnormalities of the small bowel. The suspected blood indicator (SBI) feature is intended to mark frames of the video that is suspected of containing blood or red areas.

Contraindications:

The capsule is contraindicated for use under the following conditions in patients with:

- known or suspected gastrointestinal obstruction, structures, or fistulas based on the clinical picture or pre-procedure testing and profile.
- swallowing disorders.
- previous gastric bypass surgery.