

## Capsule Endoscopy Instructions

DATE OF PROCEDURE: \_\_\_\_\_

TIME OF PROCEDURE: \_\_\_\_\_

PLACE OF PROCEDURE: \_\_\_\_\_

Capsule endoscopy is an endoscopic exam of the small intestine. It is not intended to examine the esophagus, stomach or colon. It does not replace upper endoscopy or colonoscopy.

Understand that there are risks associated with any endoscopic examination, however, specific to Capsule Endoscopy are capsule retention or bowel obstruction. An obstruction may require immediate surgery. You will receive contact numbers in the endoscopy suite should you experience abdominal pain, nausea or vomiting during or after the procedure.

Please be aware that you should avoid MRI machines during the procedure and until the capsule passes following the exam. An abdominal x-ray (plain film) may be required prior to an MRI, to ensure passage. Understand that due to variations in a patient's intestinal motility, the capsule may only image part of the small intestine and may not demonstrate the abnormality or pathology. It is also possible that due to interference, some images may not be captured, and this may result in the need to repeat the capsule procedure.

### Before the Capsule Endoscopy

- 5 days before the exam hold oral Iron supplements
- 2 days before test drink at least 10 glasses of water (2 liters) throughout the day and night
- Hold Narcotics (pain medication) for 24 hours before the exam.

### Day Before the procedure

- Eat a normal breakfast and lunch **No Solid Food Past Noon.**
- Drink at least 10 glasses of water throughout the day
- Dinner is a Clear liquid diet (see attached). **Nothing to drink after 7:30 pm.**
- Between 5pm and 7pm mix and drink Miralax 136g, 8 caps (17gm each) in 64 ounces of clear fluid (Gatorade is preferred). Miralax can be bought over the counter. **Nothing to drink after 7:30 pm.**
- \*NO medication should be taken 2 hours prior to exam
- You **do not** need to stop Aspirin, Plavix or Coumadin, or other anticoagulants.



### **Day of the Capsule Endoscopy**

- Wear loose, natural fiber, two-piece clothing on day of exam.
- Do not use lotions or powders on abdomen day of procedure.
- Please note several adhesive pads will need to be applied to your chest, abdomen and above your groin area. If necessary, these areas may require to be shaved, you may do so prior to coming in.

### **What to Expect During the Capsule Endoscopy:**

1. You must fast for another 2 hours after you swallow the capsule.
2. After 2 hours you may take your medications with **water only**.
3. You may eat a light snack (example: small sandwich) 4 hours after ingesting capsule. Avoid heavy lifting or heavy exercise. **Walk every ½ hour if possible**. You can drive a car. You may return to work, if your work allows avoiding unsuitable environments and/or physical movements.
4. Avoid going near MRI machines and radio transmitters. You may use a computer, radio, stereo, or cell phone. Standard household electronics are OK.
5. Do not stand directly next to another patient undergoing capsule endoscopy.
6. Try not to touch the recorder or the sensor array leads. Do not remove the sensor array leads.
7. Avoid getting the data recorder or sensor array leads wet.
8. Avoid direct exposure to bright sunlight.
9. **Observe the LED light on the data recorder at least every 15 minutes**. If the light stops blinking before 5pm, document the time and call our office.
10. Return the data recorder at 8:00AM the next morning to the office.

### **CLEAR LIQUIDS (NO SOLID FOOD)**

Apple, white cranberry, white grape juices  
Gatorade  
Popsicles  
Jell-O  
Italian ice  
Broth

Black coffee  
Black tea  
Soft drinks

**\*\*NOTHING RED OR PURPLE**

**\*\* NO DAIRY PRODUCTS**