



Digestive Health Associates of Southwest MI P.C.,  
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## **Patient Instructions for Capsule Endoscopy**

**Patient Name:**  
**Appt. Date:**

**Arrival Time: 8:00 a.m. or 8:30am**  
**Return Time: 4:15 p.m.**

### **General Instructions:**

Your physician has determined that as part of your medical evaluation you should undergo an examination known as Small Bowel (SB) capsule endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) PillCam™ SB capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the data sensors which are placed on your abdomen. The sensors are attached to a walkman-like data recorder which saves all the images. It is located on a recorder belt, which is worn around your waist. You will be able to go about your normal day's activities. After 8 hours you will return to our office to have the equipment removed. The camera capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:

1. Stop any Iron 5 days prior to your appointment date.
2. The day before your capsule endoscopy you may have a normal breakfast and lunch, however, after lunch start the liquid diet. From 10 p.m. the evening before your scheduled appointment, DO NOT EAT OR DRINK, except for necessary medication with a sip of water and the single dose of Miralax at 5:00 a.m. the morning of the procedure (this may cause some diarrhea). (Liquid diet can consist of coffee without cream, white cranberry juice, Jell-O, nothing with red dye, 7 UP, bouillon, tea, apple juice, Gatorade, tang, orange juice—no pulp, popsicles, ginger ale, white grape juice, HI-C, again nothing with red dye in it.)
3. Do not take any medication beginning 2 hours before undergoing capsule endoscopy.
4. Abstain from smoking 24 hours prior to undergoing capsule endoscopy.

5. Male patients should shave their abdomen 6 inches (15 cm) above and below the navel on the day of the examination. If it is difficult for you to shave your abdomen, please contact our office to arrange to have it done in advance.
6. The Day of the Capsule Endoscopy:
  - a. Arrive at our office at your prescribed time for your capsule endoscopy dressed in loose fitting, two piece clothing.
  - b. You will have a pre-procedure interview at our office. During this time you will be informed that capsule endoscopy is associated with a small chance of intestinal obstruction. You will be checked-in and asked to give your informed consent.
  - c. The sensors will be applied to your abdomen with adhesive pads and will be connected to the data recorder which you will wear on a belt around your waist. After that you will be instructed to ingest the camera capsule.
  - d. After ingesting the camera capsule, do not eat or drink for at least 2 hours. Two hours after the capsule you may then take any other medications and consume liquids. After 4 hours you may have a light snack such as, soup, ½ of a sandwich or a piece of fruit. After the examination is completed, you may return to your normal diet. The above instructions related to eating apply, unless our office instructs otherwise. Contact us immediately at 269-349-2266 if you suffer from any abdominal pain, nausea or vomiting during capsule endoscopy.
    - 1) 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.
    - 2) Occasionally, some images may be lost due to radio interference (i.e. MRI and amateur radio). On rare occasions this may result in the need to repeat the SB Capsule Endoscopy examination.
    - 3) Capsule endoscopy lasts approximately 8 hours and is considered complete according to your physician's 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 utmost care and protection. Avoid sudden movement and banging of the data recorder.
    - 4) During capsule endoscopy, you will need to verify every 15 minutes that the small blue light on top of the data recorder is blinking. If, for some reason it stops blinking, record the time and contact our office. You should also record the time and nature of any event such as eating, drinking, your activity and unusual sensations on the Event Form below. Return the Event Form with these notes to your physician at the time you return the equipment.

5) Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during capsule endoscopy.

e. At 4:15 p.m. return to our office for removal of the apparatus.

f. The data recorder stores the images of your examination.

g. If you develop unexplained post procedure nausea, abdominal pain or vomiting, contact our office for evaluation.

h. Please note that undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the excretion of the camera capsule from your body, contact us immediately for evaluation and necessary arrangement for x-ray.

### SB Capsule Endoscopy Event Form

<b>Patient Name:</b> <b>Date of Birth:</b>	<b>ID No.:</b>
<b>Time</b>	<b>Event (eating, drinking, activity and unusual sensations)</b>
Call 269-349-2266 if issues arise.	Special Instructions: