

Capsule Endoscopy

Preparing for your procedure

Your procedure is scheduled for: _____
DAY DATE

Please check in at: _____ a.m./p.m.

Show your current insurance card and photo ID at check-in.

Following these instructions or your doctor's instructions exactly is important. If you don't prepare properly, your capsule endoscopy may be canceled. Or, you may have to prepare again for another capsule endoscopy.

What you'll need	7 days before your procedure	1 day before your procedure
<p>Items needed for your bowel preparation (see below) are available at most pharmacies over-the-counter.</p> <ul style="list-style-type: none">♦ MiraLAX (a laxative)—8.3-ounce (238 grams) bottle♦ Simethicone (Gas-X, infant gas drops) liquid solution—600 milligrams♦ Gatorade or Powerade noncarbonated sports drink—64-ounce bottle<ul style="list-style-type: none">» Regular Gatorade , regular Powerade, Gatorade G2 and Powerade Zero are OK.» Choose a green-, yellow- or clear-colored flavor. Don't choose a red- or purple-colored flavor.» Don't use powdered Gatorade.	<ul style="list-style-type: none">♦ Most medications are OK to take up to 2 hours before your procedure. Check with your primary care clinician:<ul style="list-style-type: none">» To make sure you don't need to stop any medications.» For instructions if you have diabetes.♦ Stop taking multivitamins and other medications with iron.	<ul style="list-style-type: none">♦ Don't eat any solids. Begin a clear liquid diet. Clear liquids are liquids that look like colored water and you can see through at room temperature. <p>Don't drink any red or purple liquids. The color may interfere with your procedure.</p> <p>You may have any of the following:</p> <ul style="list-style-type: none">» Water, clear broth or bouillon» Coffee or tea without milk or nondairy creamer» Gatorade, Powerade, Pedialyte, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, white grape, white cranberry)» Jell-O, Popsicles and hard candy

1 day before your procedure (continued)	Day of your procedure
<ul style="list-style-type: none">♦ Between 4 and 6 p.m., mix the 8.3-ounce bottle of MiraLAX with the 64 ounces of Gatorade or Powerade. Drink one 8-ounce glass every 10 minutes. Chill the solution if you wish to drink it cold.♦ Continue drinking 1 glass (8 ounces) of the solution every 10 minutes until you have finished the solution.<ul style="list-style-type: none">» If you experience nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. Then continue drinking the solution.» Expect to have diarrhea. You may see results right after drinking the solution, or it may take a bit longer. You may feel chilled.♦ Continue to drink clear liquids. Drinking clear liquids makes sure you're hydrated well enough and helps your bowel preparation fully clean out your colon.♦ After midnight, don't drink or eat anything except for medication with a sip of water. <div data-bbox="126 727 1268 896" style="border: 1px solid black; padding: 10px;"><p>Remember Drinking the solution quickly is part of how the preparation works.</p></div>	<ul style="list-style-type: none">♦ Take any morning medications by 5 a.m.♦ Wear a loose-fitting shirt and pants.♦ Bring your simethicone (Gas-X) solution to your appointment. You'll drink this before swallowing your capsule.♦ Bring the following to your procedure:<ul style="list-style-type: none">» Health insurance card» Photo ID♦ Don't wear fragrant perfumes or lotions to your procedure.

What is a capsule endoscopy?

A capsule endoscopy is a procedure to examine the lining of the middle part of your digestive tract, including the 3 parts of your small intestine. The procedure can help find the cause of symptoms such as abdominal (belly) pain, diarrhea, bleeding or anemia (a blood condition). Usually, clinicians do this procedure when other tests haven't found the reason for your symptoms.

The procedure involves swallowing a vitamin-sized capsule (PillCam). Inside the capsule is a tiny camera. As the capsule travels through your body, the camera takes pictures of your digestive tract. The camera sends the images to a recorder you wear on a belt around your waist.

What happens during the procedure?

- ♦ When you check in, you'll be asked for your health insurance card and a photo ID.
- ♦ We'll:
 - » Place a sensor belt around your waist over your clothing.
 - » Adjust the belt so you're comfortable.
 - » Connect the belt to the recorder.
- ♦ You'll drink the simethicone about 20 to 30 minutes before swallowing the PillCam capsule with water.
- ♦ You may leave the clinic after you swallow the capsule.

What happens after I swallow the capsule?

- ♦ You need to wear the recorder for **8 hours**. During that time:
 - » **Don't** remove the belt or disconnect the electrodes.
 - » **Don't** bump, bang or handle the recorder.
 - » **Don't** bend or stoop over, make sudden movements or do strenuous physical activity, especially if the activity involves sweating.
 - » **Don't** go near any source of powerful electromagnetic fields, such as an MRI (magnetic resonance imaging) machine or amateur (ham) radio, until the capsule has passed through your body in a bowel movement.
- ♦ **Every 15 minutes**, check the small light on the top of the recorder to make sure the light is blinking 2 times every second.
 - » If the light stops blinking at this rate, write down the time of day and call your gastroenterology clinic (see the handout *Gastroenterology and Endoscopy Locations*).
- ♦ **Two hours after swallowing the capsule**, you may start to drink clear liquids.
- ♦ **Four hours after swallowing the capsule**, you may eat a light snack, such as soup or a sandwich.
- ♦ **Eight hours after swallowing the capsule**, gently remove the sensor belt and recorder, and place in the bag provided.
 - » Return all equipment to the clinic as your nurse instructs.

- » You may resume your normal diet 8 hours after you swallow the capsule.
- ♦ The capsule will pass in your stool within a few days. **Watch your stool to see if the capsule has passed.**
 - » We'll check the recorded pictures to make sure the capsule has passed into your large intestine. If we can't see this in the pictures, we may call you in 10 to 14 days to ask if you've seen the capsule in your stool.

What are the risks and side effects of a capsule endoscopy?

- ♦ Complications are rare but may include:
 - » Abdominal pain, nausea or vomiting—**If you experience these symptoms during the 8 hours after swallowing the capsule, call your gastroenterology clinic immediately** (see the handout *Gastroenterology and Endoscopy Locations*).
 - » Fever, trouble swallowing and chest or abdominal pain may occur after the procedure —**If you experience these symptoms, call your gastroenterology clinic immediately** (see the handout *Gastroenterology and Endoscopy Locations*).
 - » If you don't pass the capsule in a bowel movement, you may need surgery or endoscopy (a procedure using a tube inserted in your mouth or rectum) to remove the capsule.

- ♦ **Having an MRI while the capsule is inside you may cause serious damage to your digestive tract or abdominal cavity.** If you're scheduled to have an MRI but can't confirm the capsule has passed from your body, call **your gastroenterology clinic immediately** (see the handout *Gastroenterology and Endoscopy Locations*).
- ♦ You may need an abdominal X-ray before your MRI.

How do I get my results?

A gastroenterologist will review the images from your procedure and send a report to the clinician who ordered your capsule endoscopy. Your clinician will then contact you with the results.

What about payment?

Contact your health insurance provider about your coverage and benefits for a capsule endoscopy. Coverage and benefits depend on your insurance plan and the reason for the capsule endoscopy.

