Patency Capsule Test Preparation
Preparing for your procedure

Your procedure is scheduled for: ____________________________________________ Please check in at: __________ a.m./p.m.

DAY DATE

Allow about 30 minutes in your schedule to complete your appointment. Show your current insurance card and photo ID at check-in.

<table>
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<th>7 days before your test</th>
<th>1 day before your test</th>
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<td>• Ask your primary care clinician for instructions if you take insulin for diabetes.</td>
<td>• After 1 p.m., don’t eat any solid food. Begin a clear liquid diet. Clear liquids are liquids that look like colored water and you can see through at room temperature. You may have:</td>
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<td>• Talk to your primary care clinician about stopping the following medications the day of your test:</td>
<td>» Water, clear broth or bouillon, coffee or tea without milk or nondairy creamer.</td>
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<td>» Medications that may delay gastric emptying including calcium channel blocking agents such as amlodipine (Norvasc), diltiazem (Cardizem), verapamil (Calan).</td>
<td>» Gatorade or Powerade noncarbonated sports drink—Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK.</td>
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<td>» Pedalyte, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, grape, cranberry)</td>
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<td>» JELL-O, popsicles and hard candy</td>
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Day of your test

• After midnight, don’t drink or eat anything, except for medication with a sip of water.

• Two hours before your test, stop taking any medications.

What is a patency capsule test?

A patency capsule test helps determine whether an object of a certain size can pass through your intestine. The result of this test will tell your clinician whether you can undergo a procedure called a capsule endoscopy safely.

What happens during the test?

• You will swallow a capsule that contains a tiny radio frequency identification (RFID) tag. The RFID tag is covered in material that will dissolve (break down) safely in your body.

• You may leave the clinic after swallowing the capsule.

What happens after I swallow the capsule?

• 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, you may resume your usual diet.
• Watch your stools to see if the capsule has passed through your body.
  » If the capsule passes through your body intact and has not dissolved, you can undergo a capsule endoscopy safely.
  » If you do not see an intact capsule in your stool, see only fragments pass, or you are unsure if the capsule passed, you will need to have an X-ray to confirm if the capsule is still in your body.
  » Patency capsules are designed to dissolve after 30 hours. You should complete your X-ray as close to 30 hours as possible.
  » A nurse will call you the next day to see if the capsule has passed or help you decide if you need an X-ray.
  » A gastroenterologist will review the X-ray images and a nurse will contact you with the results.

What are the risks and side effects of the test?
• Abdominal pain, nausea or vomiting—If you experience these symptoms during the 8 hours after swallowing the capsule, call your gastroenterology clinic immediately (see Phone numbers).
• Fever, trouble swallowing and chest or abdominal pain may occur after the procedure—If you experience these symptoms, call your gastroenterology clinic immediately (see Phone numbers).
• 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 magnetic resonance imaging (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 Phone numbers).
  » You may need an abdominal X-ray before your MRI. Until the capsule has passed through your body, stay away from any source of powerful electromagnetic fields, such as an MRI device.

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 patency capsule.

Phone numbers
Park Nicollet St. Louis Park location
To cancel or reschedule your test, or for questions about your test, call:
• Park Nicollet Gastroenterology and Endoscopy
  Monday through Friday, 8 a.m. to 5 p.m. 952-993-3240
  Call at least 2 days before your test to cancel or reschedule your test.

HealthPartners St. Paul locations
To cancel or reschedule your test, or for questions about your test, call:
• HealthPartners Gastroenterology
  Monday through Friday, 8 a.m. to 5 p.m. 651-254-8680
  Call at least 2 days before your test to cancel or reschedule your test.

After regular hours for all locations
If you have questions after hours, call:
• HealthPartners CareLineSM
  Monday through Friday, 5 p.m. to 8 a.m. Saturday, Sunday and holidays, 24 hours 612-339-3663 or 800-551-0859