

Capsule Endoscopy Instructions

1. What is a Capsule Endoscopy?
 - This is a video exam of the small intestines only.
 - You will swallow a capsule to view the small intestines.
 - This test is not used to examine the esophagus, stomach, or colon.
 - It does not replace an upper endoscopy or colonoscopy.
2. What are the risks associated with Capsule Endoscopy?
 - There are some risks involved such as a bowel obstruction.
 - In the rare case that it does not excrete naturally, such an obstruction would require the Capsule to be removed endoscopically or surgically.
3. Is there anything I should avoid once the Capsule is ingested?
 - You should avoid strenuous exercise once the capsule is ingested.
 - During the test and for 30 days after you should avoid an MRI.
 - If your physician wants an MRI and you haven't seen the capsule pass, an x-ray should be done to ensure passage.
4. Are there any limitations of the test?
 - Due to variations in the way things move through a patient's GI tract, the Capsule may only image part of the small intestines; therefore, there is a possibility of missed lesions.
 - It is possible due to interference; some images may be lost, and this may result in the need to repeat the Capsule procedure.

FIVE (5) DAYS PRIOR TO CAPSULE ENDOSCOPY

If you take iron supplements, these must be discontinued 5 days prior to Capsule Endoscopy, unless instructed otherwise by physician.

THE DAY BEFORE CAPSULE ENDOSCOPY

1. Consume only a clear liquid diet beginning at 10:00 a.m.-NO RED, BROWN, OR PURPLE NO COFFEE OR TEA
2. After 8:00 p.m., no more liquids except for necessary medication with a sip of water.
3. Do not take any medications beginning 2 hours before undergoing Capsule Endoscopy.
4. Abstain from smoking 24 hours prior to undergoing Capsule Endoscopy.

DAY OF TEST-DURING CAPSULE ENDOSCOPY-PATIENT INSTRUCTIONS

- You have just swallowed a capsule endoscope. This sheet contains information about what to expect over the next 8 hours.
- If any nausea, severe or persistent abdominal or chest pain, fever, difficulty swallowing, or if leads become disconnected, please notify our office as soon as possible.
- If you have a pacemaker, you must remain in the building the entire 8 hours.

- If you don't have a pacemaker you may leave the building for 8 hours and return at the end of the day.

NOTE: If our office has not contacted you for an interview prior to coming in for this procedure (within 48 hours of scheduled date), please call our office at 570-887-2852 and select option #1.

1. You may drink clear liquids (water, apple juice, etc.-NO RED, BROWN, OR PURPLE liquids and NO COFFEE AND NO TEA) 2 hours after swallowing the Capsule. You may have a light meal 4 hours after swallowing the Capsule. You may also take your medications at this time.
2. Do not exercise. Avoid heavy lifting. You may walk, sit, and lay down. You can drive a car. You may return to work, if your work allows avoiding unsuitable environments and/or physical movements.
3. Avoid going near MRI machines and radio transmitters. You may use a computer, radio, stereo, or cell phone.
4. Do not stand directly next to another patient undergoing a capsule endoscopy.
5. Try not to touch the recorder box or the sensor belt. Do not remove the sensor belt.
6. Avoid getting recorder or sensor belt wet.
7. Observe the LED light on the data recorder at least every 15 minutes. If the light stops blinking, document the time and call our office.

POST CAPSULE ENDOSCOPY-PATIENT INSTRUCTIONS

You have just had a capsule endoscopy. This sheet contains information about what to expect over the next two days. Please call our office if you have severe or persistent abdominal or chest pain, fever, difficulty swallowing, or if you have any questions. Our phone numbers are (570) 887-2852 and select option #1.

1. **Pain:** Pain is uncommon following capsule endoscopy. Should you feel sharp or persistent pain, please call our office.
2. **Nausea:** Nausea is also very uncommon, and should it occur, please call the office.
3. **Diet:** After dropping off the recorder, you may eat and drink. There are no dietary restrictions.
4. **Activities:** Following the exam, you may resume normal activities, including exercise.
5. **Medications:** You may resume all medications immediately. Do not make up for doses you have missed, just begin your normal dosage.
6. **Further Testing:** Until the capsule passes, further testing which includes any type of MRI should be avoided. If you have an MRI examination scheduled in the next 3 days, the MRI examination should be postponed.
7. **The Capsule:** The capsule passes naturally in a bowel movement, typically in about 24 hours. Most likely, you will be unaware of its passage. It does not need to be retrieved and can safely be flushed down the toilet. Occasionally, the capsule lights will be flashing when it passes. Should you be concerned that the capsule did not pass, in the absence of symptoms, an abdominal x-ray can be obtained after 3 days to confirm its passage.
8. **Results:** After the test is downloaded, a physician will look at the results within two weeks. A letter will be mailed with your results.