

CAPSULE ENDOSCOPY INSTRUCTIONS

Thank you for choosing us to perform your procedure. Please carefully read the following packet of information. If you have questions, please contact our office at (801) 408-7500, option 3 and ask to speak to our nurse, or your doctor's medical assistant. If you need to cancel or reschedule we require a 48hrs notice.

Your capsule endoscopy is scheduled for _____ at 8am SHARP at our office at the Avenues Specialty Clinic. Please arrive on time, if you are unable to arrive on time or need to reschedule, please contact our office immediately. You will return to the same location at 4:30pm.

Your physician has determined that as part of your gastroenterology evaluation you should undergo an examination called "capsule endoscopy." This procedure involves ingesting a small Imaging Pill Cam Capsule (the size of a large vitamin pill), which will pass through your digestive system taking pictures along the way. The images are synced to a device that will be in a pouch around your neck. You will also be wearing a recorder belt around your waist. You will wear the equipment for 8hrs, and then return to the clinic to remove the device and download the pictures. Downloading the images can take several hours, and reading the video takes your physician 8hrs to complete, so please allow a few days for your results.

Before starting your capsule study, your physician may order an imaging exam called a "Small Bowel Follow Through." This is completed in the Radiology department and includes drinking contrast to evaluate your GI tract for any obstructions or issues that may cause complications with the capsule study. Once you have a normal result from the Small Bowel Follow Through, you will then be able to schedule your capsule endoscopy.

The Pill Cam is disposable and will be excreted naturally in 24-48hrs. Do not worry about flushing it down the toilet and do not try to retrieve it.

Please purchase the following items over the counter at your local pharmacy:

- Miralax Powder- One 7 dose bottle
- Simethicone 180mg capsule
- Gatorade 32 oz bottle (not red, blue or purple)

What should I do to prepare for my Capsule Endoscopy?

The day before your procedure

- You may eat a regular diet with increased liquids until 2pm.
- Starting at 2pm you will start a CLEAR LIQUID ONLY diet. Clear liquids include Jell-O, Sprite, Gatorade, Ginger Ale, Water, Popsicles, Broth, apple juice, and tea. Please DO NOT have any of your clear liquids have RED, BLUE, or PURPLE in color, as this can mimic blood when reading your results. You will need to stay hydrated for your preparation and procedure.
- At 5pm, Mix the Miralax powder with 32oz Gatorade and take Simethicone 180mg capsule together. Shake the mixture until all powder has been dissolved. Drink one glass (8oz) of the solution every 15mins until finished. Continue to drink plenty of clear fluids throughout the evening; this will make the prep easier.
- NOTHING to eat/drink after midnight.

The morning of your procedure

- DO NOT take any of your morning medications; you will be able to take them 2hrs after you swallow the capsule.
- Please wear comfortable clothing.
- You can resume a clear liquid diet 4hrs after swallowing the capsule.
- Please return to the office promptly at 4:30pm to have the data downloaded.

After ingesting the pill cam capsule:

- After ingesting the pill and until it is excreted, you should not be near any source of powerful electromagnetic fields, such as MRI device or amateur radio. Occasionally, images can be lost due to radio interference. On a very rare occasion this occurs, you may need to repeat the capsule study.
- The capsule tests lasts 8hrs and is considered complete after that time.
- Do not disconnect the equipment or remove the belt at any time.
- Do not remove the data recorder for any reason as this could cause the pill to lose the images of your examination. Since the data recorder is considered a small computer, it should be treated with the utmost care and protection.
- Avoid sudden movement, banging, vibrations, and sunlight, water or extreme temperatures.
- During the Capsule Endoscopy, you will need to check the small light at the top of the data recorder is still blue/white in color. If it turns off or turns red/orange, please contact our office ASAP; you may need to return to the clinic.
- Avoid strenuous activity, no excessive bending. Make sure to keep moving/walking throughout the day. Do not lay flat; you will need to be active for 10mins every half hour to keep the pill moving.
- If you experience sudden pain, vomiting, nausea, or have any concerns, please call our office ASAP. If you feel after 7 days, you have not excreted the pill; please contact our office for an abdominal X-ray.