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CAPSULE ENDOSCOPY PATIENT INSTRUCTIONS

Capsule Endoscopy involves swallowing a tiny digital camera, about the same size as a large vitamin pill. As the capsule endoscope passes through the small intestine two pictures are taken every second and transmitted to sensors attached to the abdomen. These pictures are recorded on a data recorder similar in size to a portable cassette player. The procedure takes eight hours to complete after which the recorded pictures are transferred to a computer for your physician to review. The Capsule Endoscope is disposable and will be passed in your bowel movement. In very rare cases, the Capsule Endoscope will not pass and will need to be removed surgically.

Your intestines must be cleaned out before a capsule endoscopy in order for the capsule endoscope to take the best possible pictures. Please fill your doctor's prescription for the cleansing solution that you will drink on the day before the procedure. Your prescription will be for either Trilyte®, Colyte®, Nulytely®, GoLytely® or PEG+electrolytes. These products are equivalent. The prescription will be dispensed as a large plastic jug containing a white powder.

The day before Capsule Endoscopy:

- You must have a clear liquid diet on the day before your procedure. No solid food or dairy products are allowed. A clear liquid diet includes apple juice, grape juice, tea, clear sodas, chicken broth, clear Jello, and Popsicles.
- Fill the bottle of cleansing solution with chilled water up to the fill line.
- Drink 1 cup of the solution every 15 minutes until half of the solution (2 liters) is gone. You may discard the rest of the solution.
- Make sure to stay near a bathroom after you begin drinking the cleansing solution.

The day of the Capsule Endoscopy:

- Do not eat or drink anything except necessary medications.
- If you take medications, take them at least two hours before your arrival time or postpone taking them until 4 hours after you swallow the Capsule Endoscope.
- Report to the Marin Gastroenterology office at _____ am on _____.
- The nurse will ask you a few questions, review the procedure with you and remind you that there is a small risk of the Capsule Endoscope causing an intestinal obstruction. You will be asked to sign a consent form at that time.
- The nurse will apply the sensors to your abdomen, attach them to the data recorder and fit you with a belt to carry the data recorder. You will then swallow the Capsule Endoscope.

After swallowing the Capsule Endoscope:

- You may drink clear liquids (water, apple juice, clear sodas, chicken broth, etc) and take necessary medications 2 hours after swallowing the Capsule Endoscope.
- You may eat a light meal 4 hours after swallowing the Capsule Endoscope.
- Do not go near MRI scanners or radio transmitters until after you have passed the Capsule Endoscope in your stool.
- Please be very careful with the data recorder. Protect it from water. Do not bang it and avoid sudden movements.
- Do not disconnect the data recorder from the sensors or take off the data recorder belt.
- During the procedure, avoid strenuous activity and do not bend or stoop since this may interfere with the transmission of images from the Capsule Endoscope to the data recorder.
- During the eight hour procedure check that the light on top of the data recorder is blinking twice per second. If the light is not blinking twice per second, record the time and notify the office.
- Return to the office at _____ pm.

After completing Capsule Endoscopy:

- You must not have an MRI scan until after the Capsule Endoscope has passed in your bowel movement.
- If you are concerned that the Capsule has not passed an X-ray may be done to confirm passage.
- Call our office if you experience nausea, abdominal pain, or vomiting after the procedure.