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Patient Instructions for Undergoing Capsule Endoscopy

Your physician has determined that as part of your medical evaluation you should undergo an examination known as capsule endoscopy. This procedure involves ingesting a small capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the electrodes which are placed on your abdomen attached to a data recorder, which is worn around your waist. The capsule is disposable and will be excreted naturally in your bowel movement. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:

Your Capsule Endoscopy is scheduled for _____ at _____ am. in our office.

Four days before capsule endoscopy:

- Please stop all iron medication or supplements 4 days prior to capsule endoscopy.

The day before capsule endoscopy:

- After lunch on the day before the capsule endoscopy examination, start a liquid diet. From 10 p.m. the evening before capsule endoscopy, do not eat or drink anything except for necessary medication with a sip of water.
- Do not take any medication beginning 2 hours before undergoing capsule endoscopy.

Day of capsule endoscopy:

- Arrive at our office at the prescribed time for your capsule endoscopy dressed in a light-weight t-shirt that goes down to your hips and loose fitting pants.
- A sensor belt will be wrapped around your waist that will be carrying a data recorder. After that, you will be instructed to ingest the capsule, which is the size of a large vitamin pill.

After ingesting the capsule:

- After ingesting the capsule, do not eat or drink for at least 2 hours. After 4 hours you may have a light snack. After the examination is completed, you may return to your normal diet, unless your physician specifies otherwise. Contact your physician if you suffer from any abdominal pain, nausea, or vomiting during capsule endoscopy.
- Occasionally, some images may be lost due to radio interference. On rare occasions this may result in the need to repeat the capsule endoscopy examination. In this case, the physician will advise you to stay within the premises of the clinic during the capsule endoscopy to prevent this problem from recurring.
- Capsule endoscopy lasts approximately 8 hours. Do not disconnect the equipment or remove the belt at any time during this period. Since the data recorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the data recorder.
- During capsule endoscopy, you will need to verify every 15 minutes that the small light on top of the data recorder is blinking twice per second. If, for some reason it stops blinking at this rate, record the time and contact your physician. You should also record the time and nature of any event such as eating, drinking, your activity and unusual sensations. Return the event form with these notes to your physician at the time you return the equipment.
- Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during capsule endoscopy.

After completing capsule endoscopy:

- Return the equipment at the end of capsule endoscopy, as instructed.
- If you did not positively verify the excretion of the capsule from your body, contact your physician for possible abdominal X-ray examination.
- There is a possibility the capsule inside your body may be detected if you walk through a metal detector, such as at the airport. If you plan to travel or be near a metal detector in the next 3 to 4 days, please request a note from your physician.
- Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the excretion of the capsule from your body, you should contact your physician for possible abdominal X-ray before undergoing an MRI examination.

CAPSULE ENDOSCOPY EVENT FORM