

## **Gastroenterology Associates, PA**

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1165 Park Avenue, Plainfield, NJ 07060  
(908) 754-2992 Fax (908) 754-8366

**Allan B. Cohen, M.D.**  
**David A. Goldenberg, M.D.**

### **Patient Instruction for Undergoing Capsule Endoscopy**

#### **Overview:**



Your physician has determined that as part of your medical evaluation you should undergo an examination known as small bowel capsule endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) PillCam™ SB capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the SensorArray™ which is placed on your abdomen. The SensorArray is attached to a walkman-like DataRecorder™ which saves all the images. It will be carried in the RecorderBelt™, which is worn around your waist. After 8 hours, you will remove the RecorderBelt and return it to your physician for processing. The PillCam SB capsule is disposable and will be excreted naturally in your bowel movement. In the very rare case that it will not be excreted naturally, it may need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:

#### **The Day Before the Procedure:**

1. On the day before the procedure, you may have a normal breakfast and a light lunch at your usual hours. After lunch, start a clear fluid diet. Your dinner should be consumed before 6 p.m. the night before the procedure. It should consist of a clear liquid diet such as clear broth, jello and / or apple juice. At about 7 PM, please consume one (1) capful (17grams of Miralax unless otherwise instructed. Between 7 and 9 PM, drink several (4-8) glasses of water, juice or Gatorade. At 9 PM., if you have been instructed to do so, please take the first dose of metoclopramide (Reglan, Metozolv) (10mg tablet) with water. You may have clear liquids until 10 p.m.
2. Abstain from smoking 24 hours prior to undergoing SB capsule endoscopy.
3. Some male patients, if you have significant hair on your abdomen, should shave their abdomen about 6 inches above and below the navel on the day of or the evening prior to the examination.

#### **The Day Of the Procedure:**

At 6:30 a.m. on the day of the procedure, if you have been instructed to do so, please take the second dose of metoclopramide (Reglan, Metozolv) (10 mg tablet) with a small amount of water. Please wear a loose fitted shirt and pants. Avoid wearing a one piece dress. The physician will check you in and then apply the sensors to your abdomen. The sensors will

be connected to the data recorder which will be worn on a special vest. You will then swallow the PillCam capsule, called the M2A capsule.

### **After Ingesting the M2A Capsule:**

- 1) After ingesting the PillCam SB capsule, do not eat or drink for at least 2 hours. Then you may resume the clear fluid diet and take medications if needed. After 4 hours you may have a light snack. After the examination is completed, you may return to your normal diet. The above instructions related to eating apply, unless your physician specifies otherwise. Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during SB capsule endoscopy.
- 2) After ingesting the PillCam SB capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio
- 3) SB capsule endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement or banging of the DataRecorder as it is fragile and quite similar to other computer equipment. Do not get the equipment wet.
- 4) During SB capsule endoscopy, we recommend that you check the small light on top of the DataRecorder about every 45 minutes which should be blinking twice per second. If, for some reason it stops blinking at this rate, record the time and contact your physician.
- 5) Avoid any strenuous physical activity especially if it involves sweating and do not excessively bend over or stoop during capsule endoscopy as this could loosen the contacts of the sensors. You may walk leisurely.
- 6) After 8 hours of wearing the equipment, you should return to your physician's office. The sensors will be removed from your abdomen and the recorder's information will be downloaded by your physician