

Appointment
Date/Time: _____

Capsule Endoscopy

Capsule endoscopy is a procedure that involves swallowing a capsule the size of a large vitamin pill. The capsule will pass naturally through your digestive system while taking pictures of the intestine. After 8 hours, you return to our office and a staff member will remove the equipment and process the information. We will contact you with the results after it is interpreted by your doctor (in 7-10 days). The capsule is disposable and will pass naturally in your bowel movement.

1 Week Before Your Capsule Endoscopy

Stop taking any iron supplements.

Make sure you have purchased your prep supplies from your local grocery and/or pharmacy. You will need:

- polyethylene glycol 3350 (MiraLAX®) 119-gram bottle (1)
- 32 ounces of a sports drink, (Gatorade®, Powerade® or Propel®) **NO RED OR PURPLE**
- simethicone (Gas-X® or Phazyme®) 125-mg tablets (2)

1 Day Before Your Capsule Endoscopy

You may eat your breakfast as usual, but **NO RED MEAT** (e.g. NO beef, pork, venison).

You may eat a light lunch, but **NO RED MEAT**. (e.g. NO beef, pork, venison). Chicken or fish is OK.

4:00 p.m. Begin CLEAR LIQUIDS ONLY (see reverse side for list)

***** NO RED OR PURPLE PRODUCTS *****

6:00 p.m. Mix entire 119-gram bottle of MiraLax with 32 ounces of your chosen sports drink.

Drink the mixture over the next 2 hours.

(For example: An 8-ounce glass every 30 minutes equals 2 hours).

You may continue to drink clear liquids until the time listed below.

NOTE: Please stay home once you have started your prep. Also, the use of moist towelettes or wipes may help to minimize discomfort during the prep.

The Day of Your Capsule Endoscopy

Two hours before your appointment time, stop drinking liquids (and still nothing to eat). Do not take medication two hours before the exam, including liquid medication.

One hour before your appointment time, take **two** 125 mg tablets of simethicone (Gas-X or Phazyme) with a sip of water.

Please arrive promptly at your designated arrival time. Wear loose fitting, two-piece clothing. Please wear a cotton shirt, as synthetic fabric will interfere with the results of the exam.

Upon Your Arrival

You will have eight sensor leads attached to your abdomen with adhesive pads (or a belt with the sensors within). The pictures taken by the capsule are sent by way of these leads to a recorder. You will wear the recorder in a special belt around your waist (or in a case with a shoulder strap).

After Swallowing The Capsule

Do not eat or drink for at least 2 hours. After 2 hours, you may drink clear liquids and, at this time, you may also take any prescription medications (except no liquid or iron medications).

After four hours you may add a few vegetables to a clear broth. For example, Mrs. Grass® soup.

Also, after swallowing the capsule and until it has passed in your bowel movement, do **not** go near an MRI machine or an amateur (ham) radio. You may use a computer, radio, stereo, cell phone and/or microwave. Do not have an MRI completed for 30 days, unless you have observed passing the capsule in the toilet.

Care Of The Equipment

The capsule endoscopy lasts 8 hours. Please do not get the equipment wet, disconnect the equipment, touch the recorder, remove the sensor leads, or remove the belt at any time. Avoid sudden movement or banging of the recorder. Shock, vibration, or direct sunlight may result in a loss of information that can be gathered.

Activity

Avoid any strenuous physical activity if it involves sweating and avoid heavy lifting or squatting. You may walk, sit, and drive a car. Do not lay flat for greater than one hour.

After Completing The Capsule Endoscopy

You may return to your normal diet and normal activities including exercise. The capsule passes naturally in a bowel movement usually in about 24-48 hours. You may not be aware of its passage. It can be safely flushed down the toilet.

Do not have an MRI until the capsule has passed.

When To Call

If you experience any of the following, please call our office at 715-847-2558 (or toll free at 1-877-442-7762)

- Severe or persistent abdominal or chest pain.
- Fever
- Difficulty swallowing
- Persistent nausea or vomiting
- If you are scheduled for an MRI and have not observed passing the capsule in the toilet.

CLEAR LIQUID DIET

No Red or Purple

Water / Mineral water / Vitamin water

Gelatin (jello)

Powdered drink mixes (no pulp)

Clear broth or bouillon

Ice pops (Popsicles®) - no milk or added fruit

Clear juices (no pulp)

Diet or regular soda

Sports drinks

Coffee or tea (no creamer)