

## **Small Bowel Capsule Endoscopy**

We would like to take this opportunity to thank you for choosing Elite Gastroenterology. Our goal is to provide you with the highest quality of care in a friendly environment. We always welcome your feedback regarding your experience at our facility.

### **About the Test:**

This procedure involves ingesting a small (the size of a large vitamin pill) capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to a data recorder, which is a walkman sized receiver which saves the images. You will be wearing a large belt around your waist and suspenders over your shoulders. After 8 hours you return to the Center and have the data recorder removed. The images will then be downloaded to a computer to be examined. The capsule is disposable and will be excreted naturally with your bowel movement.

### **The Day Prior to Your Test**

You will need to get a 238 gram bottle of Miralax from any pharmacy. This is found over the counter. You will also need 64ozs of Gatorade or Crystal Lite **NO RED, ORANGE or PURPLE**. You may have a light breakfast and lunch. Afterwards do not eat any solid foods. You may drink only clear liquids. Clear liquids consist of: tea, beef/chicken broth, apple juice, white grape or white cranberry juice, Gatorade, popsicles and jell-o. After lunch mix the Miralax with the Gatorade and shake till dissolved, drink 8ozs every 10-15 minutes until you have consumed 32ozs, refrigerate the remaining half. Then 4 hours later drink the last 32ozs as you did the first time.

### **The Day of Your Test**

**Do not take your oral medications.** *(You may take them 3 hours after the ingestion of the capsule).*

Please do not apply any lotions or creams to your abdomen. Please wear loose, comfortable two piece clothing. A top that has buttons in the front is ideal.

Eight adhesive sensors will be applied to your abdomen and attached to the data recorder that you will be wearing for the following 8 hours. You will swallow the capsule with a glass of water. Then you will go about your usual daily activities.

## **Patient Instructions During Small Bowel Capsule Endoscopy**

Please call our office if you experience any of the following symptoms: persistent chest pain or abdominal pain, nausea, vomiting, fever or difficulty swallowing.

1. You may begin drinking clear liquids and take your medications in **3 hours** after swallowing the capsule and may eat a light meal in **5 hours**.
2. Do not exercise. For the first hour it is preferable to take a walk for 20 minutes and to avoid lying down. During the rest of the day you may walk, sit or lie down; you may drive a car and return to work. Keep in mind that you will be wearing a fairly large belt and suspenders.
3. Avoid going near MRI machines and radio transmitters. It is fine to use a cell phone, computer or radio. Do not stand next to another patient that is undergoing a capsule endoscopy.
4. Do not get the sensor leads wet. Try not to touch the recorder or leads, and do not remove any of the leads.
5. You may loosen the belt to use the restroom, but keep the suspenders on so that the recorder does not fall.
6. Observe the LED light on the data recorder at least every 15 minutes. The light should be green and blinking. If not, call us immediately; you will most likely have to return to our office.
7. Return to the Office in 8 hours to have the unit removed.

## **Post Capsule Endoscopy Instructions**

Please call our office if you experience any of the following symptoms: persistent chest pain or abdominal pain, nausea, vomiting fever or difficulty swallowing.

1. You may return to your regular diet and activities without restrictions.
2. The capsule passes through the bowels, typically in 24 hours. Most likely you will be unaware of its passage. It does not need to be retrieved and can be safely flushed down the toilet. Should you be concerned that the capsule did not pass; an abdominal X-ray can be performed after 2 weeks to confirm its passage.

If you should undergo an MRI exam and you have not witnessed the passage of the capsule, an abdominal X-Ray should be performed. Undergoing an MRI exam while the capsule is inside your body may result in serious damage to your intestinal tract.