



Capsule Endoscopy

(Small Bowel Wireless Capsule Endoscopy)

Your doctor has determined that as part of your medical evaluation you should undergo a test known as Capsule Endoscopy. This procedure involves ingesting a capsule, the size of a large vitamin pill, which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to sensors that are placed on your abdomen. These sensors are attached to the walkman-like data recorder that is worn around your waist and which will save all the images. After 8 hours the data recorder will be taken off and returned to your physician for processing. The capsule is disposable and will be excreted naturally in your bowel movement. In the rare cases that it will not be excreted naturally, it will have to be removed through an endoscope or surgically.

In order for your physician to get the most accurate information from this test, you will need to follow the directions listed below:

1. After lunch the day before the test, please **start a clear liquid diet**. Do not eat anything after your lunch meal. After 8 P.M. the evening before the test, please **do not eat or drink** anything except for necessary medication and water.
2. Do not take medication 2 hours before undergoing the capsule endoscopy.
3. Please avoid the use of any powder, body oil and lotions on your skin between your chest and groin area. This includes the use of bath oils. Your skin needs to be clean and dry so that sensors applied to your abdomen will adhere.
4. Please arrive 30 minutes before your test is scheduled to check in at the Outpatient Services Department at Bon Secours St. Francis Hospital.
5. You will go through a brief interview. During this interview you will be informed that Capsule Endoscopy is associated with a small risk of intestinal obstruction. Therefore, we will ask you when you had your last bowel movement and whether you have had any recent vomiting. You will not be able to have this procedure done if you have any implanted electronic device, such as a cardiac pacemaker or defibrillator, unless special arrangements have been made in advance for you to be admitted for cardiac monitoring during the test. You will be asked to give your informed consent.
6. **It is very important that everyone wear loose, 2-piece clothing for the test.** Sensors will be applied to your abdomen with adhesive pads and will be connected to the data recorder that you will wear in a belt around your waist.

7. You will be instructed to swallow the capsule. It is about the size of a large vitamin pill.
8. After swallowing the capsule, do not eat or drink anything for at least 2 hours. After two hours, you may have clear liquids to drink. After four hours you may have a light snack. After completing the study, you may return to your normal diet. These instructions apply unless your physician specifies otherwise.
9. Contact your physician immediately if you have any abdominal pain, nausea or vomiting anytime after ingesting the capsule.
10. After swallowing the 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.
11. Occasionally, some images may be lost due to radio interference (e.g. from amateur radio transmitter, MRI, etc). On rare occasions this may result in the need to repeat the capsule procedure. In such a case, the doctor will advise you to stay within the premises of the hospital for the duration of the capsule procedure to prevent this problem from recurring.
12. The Capsule Endoscopy test will last 8 hours. During the test try to avoid any strenuous physical activity. Do not bend or stoop. In addition, you should not 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 movements and banging of the data recorder.
13. Every 15 to 30 minutes during the Capsule Endoscopy test you will need to verify that the small light on top of the recorder is blinking. If for some reason it stops, please record the time and contact the hospital. Also record the time and nature of any event such as eating, drinking and unusual sensations. Return these notes to the nurse at the time you return the equipment.
14. At the end of 8 hours, return to the hospital to have the sensors and data recorder removed.
15. If you cannot positively verify the excretion of the capsule from your body, and you develop unexplained post procedure abdominal pain, vomiting or other symptoms of obstruction, contact your physician for evaluation and possible abdominal X-ray examination.
16. Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you cannot positively verify the excretion of the capsule from your body, you should contact your physician for evaluation and possible abdominal x-ray before undergoing an MRI examination.

Capsule Endoscopy - Patient Instructions for AFTER the procedure

You have just had a capsule endoscopy. This sheet contains information about what to expect over the next two days. Please call your physician if you have severe or persistent abdominal or chest pain, fever, difficulty swallowing, or if you have any questions.

1. **Pain:** Pain is uncommon following capsule endoscopy. Should you feel sharp or persistent pain, please call your doctor.
2. **Nausea:** Nausea is also very uncommon and should it occur, please notify your doctor.
3. **Diet:** You may eat and drink. There are no dietary restrictions.
4. **Activities:** Following the exam, you may resume normal activities, including exercise.
5. **Medications:** You may resume all medications immediately. Do not make up for doses you have missed, just begin your normal dosage.
6. **Further Testing:** Until the capsule passes, further testing which includes any type of MRI should be avoided. If you have an MRI examination scheduled within the next 3 days, the MRI examination should be postponed.
7. **The Capsule:** The capsule passes naturally in a bowel movement, typically in about 24 hours. Most likely, you will be unaware of its passage. It does not need to be retrieved and can safely be flushed down the toilet. Occasionally, the capsule lights will still be flashing when it passes. Should you be concerned that the capsule did not pass, you can check with you doctor about having an abdominal x-ray after 3 days to confirm its passage.