

## Capsule Endoscopy Instructions

**\* IF YOU HAVE A PACEMAKER OR INTERNAL DEFIBRILLATOR, CONTACT OUR OFFICE IMMEDIATELY \***

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Dr. \_\_\_\_\_ has scheduled you for a Capsule Endoscopy exam.

DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ at \_\_\_\_\_ am / pm at the \_\_\_\_\_ office.

Do NOT take any iron products or multi-vitamins with iron in it for 10 DAYS before your test.

Purchase: a 4.1oz bottle of Miralax and a 32oz bottle of Gatorade (Not **Red, Purple or Orange**). This can be purchased over the counter at any pharmacy. If you are diabetic, you can substitute Gatorade with Crystal Light.

### THE DAY BEFORE YOUR TEST

- Starting at 12 noon you can have CLEAR LIQUIDS until midnight. NO RED DYE.
- Nothing to eat or drink after midnight.
- You will need to mix the 4.1oz Miralax with the Gatorade. At 6:00pm drink ½ (16oz) of the 32 oz.
- Do not take Mylanta, Maalox, Pepto Bismol, Milk of Magnesia or anything else that coats the stomach.

### THE DAY OF YOUR TEST

- 6am take the remaining ½ of your Miralax / Gatorade prep 2 hours before your exam.
- Take 1tbsp of simethicone (ie, Gas-X, Phazyme) as soon as you get up in the morning.
  - Either take Gas-X or Phazyme dissolving strips (2 strips) or Mylicon infant drops / 3 droppers measuring 0.6ml
- Do NOT take your regular morning medications.
- You must wear loose fitting, two piece clothing (No dresses or jeans).
  - You will wear a Data Recorder with a belt and cross body bag for the duration of the test.
- The Patient is then given a Pill Cam capsule to swallow with a little water. Added to the water will be 3 droppers of simethicone. The capsule is about the size of a large multi-vitamin.

### AFTER INGESTING THE PILL CAM CAPSULE

- Do not eat or drink for at least 2 hours and then only clear liquids, again no red dye. After 6 hours you may have a light snack like toast, crackers, or yogurt.
- Contact you physician immediately if you suffer from any abdominal pain, nausea or vomiting during the Capsule Endoscopy.
- After ingesting the Pill Cam capsule and until it is secreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (Ham) radio.
- Occasionally, some images may be lost due to radio interference. This may result in the need to repeat the Capsule Endoscopy exam.

- The Capsule Endoscopy lasts approximately 8 hours. Do not disconnect the equipment or remove the belt at any time during this period. The Data Recorder is a small computer and must be treated with the utmost care and protection.
- During the Capsule Endoscopy, you must verify every 15 minutes that the small light on top of the Data Recorder is blinking. If it stops blinking, record the time, what you are doing at the time (like eating, drinking), your activity, any unusual sensations on the attached event form and contact your physician. Return the Event Form when you return to the office.
- Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during the Capsule Endoscopy.
- You will need to return to GI Specialists of GA at \_\_\_\_\_.

AFTER YOUR TEST is complete and data recorder is removed at the office

- You will return to your normal diet.
- If you do not positively verify the excretion of the Pill Cam from your body and you develop unexplained post procedure nausea, abdominal pain or vomiting, contact our office for evaluation and possible abdominal x-ray exam.
- Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you do not positively verify the excretion of the Pill Cam from your body, you should contact your physician for evaluation and possible abdominal x-ray exam before undergoing an MRI exam.
- Please notify your physician's office:
  - If you develop abdominal pain
  - If you have not been able to have a bowel movement.

If you have any questions, please call 678-741-5000 and ask for a Capsule Endoscopy Nurse.

Patient Name	
Time:	Event: