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Capsule Endoscopy

What is a Capsule Endoscopy?

Capsule Endoscopy is technology designed to examine the small bowel. The exam involves swallowing a capsule (about the size of a large vitamin) that takes photos of the small bowel. The images are transmitted to the data recorder. The small bowel is about six meters long and the capsule takes about 8 hours to travel through it. You should pass the capsule naturally in your bowel movement. You do not need to retrieve the capsule; it should/can be flushed down the toilet.

Capsule Endoscopy is a day procedure. You will be scheduled for an early morning office/hospital visit, the data recorder will be placed on your upper body over your clothing, and then you will be asked to swallow the capsule. You may then leave the office/hospital and return later in the day to have the equipment removed. No sedation or anesthetic is required. You will need to follow a diet the day before the exam and take a small amount of bowel preparation.

Patient: _____ Exam Date/Location: _____

To ensure the best results for your Capsule Endoscopy of the small bowel, follow your physician's instructions carefully and completely.

SHOPPING LIST: MiraLAX/Ducolax Prep

- 4 Dulcolax 5mg (bisacodyl) laxative tablets- not stool softener (may use generic—cheaper, smaller package)
- 1 bottle of MiraLAX powder (119 grams)
- 32 oz. bottle of Gatorade/Propel (no red/purple)
- Clear liquids (see examples provided)

DO NOT USE MiraLAX/Ducolax PREP: *if you have Renal/Kidney problems, CHF (congestive heart failure) or are on a salt restricted diet.*

4 days prior to your Capsule Endoscopy stop all iron and iron supplements.

The day before your Capsule Endoscopy:

1. **DO NOT SMOKE** 24 hours prior to your exam
2. You will be on a clear liquid diet the entire day before the exam.
3. Between 12 noon & 2 P.M. take 4 Ducolax tabs. At 6 P.M. mix 119 grams of MiraLAX into 32 oz. of Gatorade/Propel. Drink one 8 oz. glass of mixture every 15 minutes until completed.
4. Nothing to eat or drink after 10 P.M.

The day of your Capsule Endoscopy:

1. You may take needed medications up 2 hours before the exam.
2. Do not apply body lotion or powder to your abdomen.
3. Wear loose fitting, two-piece clothing. Your upper clothing should be opaque not sheer.
4. Arrive for your appointment at the scheduled time:

After swallowing the Capsule:

1. You will be able to go home and resume most normal activities except heavy exercise or lifting once the capsule has been swallowed.
2. 2 hours after swallowing the capsule you may drink colorless liquids (see examples provided).
3. 4 hours after swallowing the capsule you may have a light snack (see examples provided). After the examination is completed, you may return to your normal diet.
4. Avoid strong electromagnetic fields after swallowing the capsule, until you pass it in a bowel movement.
5. Do not disconnect the equipment or remove the data recorder at any time during the procedure.

After completing Capsule Endoscopy:

Return to your physician's office at 4:30 P.M.

If you are not sure that the capsule has passed out of your body, and you develop unexplained nausea abdominal pain or vomiting, contact your physician's office.

Undergoing an MRI while the capsule is inside your body may result in damage to your intestinal tract or abdominal cavity. If you are not certain the capsule is out of your body, contact your physician for evaluation and possible abdominal x-ray before undergoing an MRI examination.

Clear liquid diet examples:

Black Coffee (non-dairy creamer ok)	Jell-O (no fruit added & No red/purple Jell-O)
Water	Gatorade/Propel (no red/purple)
7-Up/Sprite/Mt Dew	Bouillon (chicken or beef)
Apple Juice	Popsicles (no red/purple)
White grape juice	Tea
Ginger Ale	Smart Water

Light snack examples:

Soup	Cereal
½ sandwich	Salad
Eggs	Rice
Toast	Toast