



**GASTROINTESTINAL MEDICINE ASSOCIATES, INC.**

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## **PATIENT INFORMATION REGARDING CAPSULE ENDOSCOPY**

Please carefully read the enclosed preparation instructions, including the diet restrictions for the day before your capsule endoscopy.

**\*\*\*IF YOU TAKE IRON PILLS, YOU ARE TO STOP THEM SEVEN (7) DAYS**

**BEFORE THE CAPSULE ENDOSCOPY\*\*\***

**\*\* PLEASE STAY AWAY FROM STRONG MAGNETIC OBJECTS DURING THE EXAM...  
i.e., WORK RELATED\*\***

If you are diabetic, please call our office for further instructions.

**Patient Name:** \_\_\_\_\_

**Appointment Date:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

**Location:** \_\_\_\_\_

\_\_\_\_\_  
(Please call the office if you are unsure where the test will be performed.)

**We require 48 hours notice if you cannot make it to your capsule endoscopy;  
otherwise, there will be a charge of \$100.00.**

**If you have any questions regarding this procedure, please call our office at 401-943-1300 or 401-789-1860.**

## **PATIENT INSTRUCTIONS FOR SMALL BOWEL CAPSULE ENDOSCOPY**

### **The Day Before Capsule Endoscopy:**

1. Have your lunch before noontime the day before the Capsule Endoscopy exam, after 12:00 noon start the liquid diet prescribed (see instruction sheet attached). From 10pm the evening before Capsule Endoscopy do not eat or drink except for necessary medication with a sip of water.
2. Do not take any medication beginning 2 hours before undergoing Capsule Endoscopy.
3. Abstain from smoking 24 hours prior to undergoing Capsule Endoscopy AND the day of the procedure.

### **Day of Capsule Endoscopy:**

1. Arrive at your physician's office at the prescribed time for your Capsule Endoscopy dressed in thin, loose fitting, two-piece clothing.
2. At your physician's office, you will have a pre-procedure interview. During this interview, you should be informed that the Capsule Endoscopy is associated with a small chance of intestinal obstruction. You will be checked in and asked to give your informed consent.
3. The antenna lead belt will be placed around your abdomen with a Velcro band. The antenna will connect to a lightweight recorder that is worn close to your waist. Once you are set up, you will be instructed to ingest the capsule.

### **After Ingesting the Capsule:**

1. After ingesting the capsule do NOT EAT or DRINK for at least 2 hours. After 2 hours you may have non red clear liquids (see attached sheet). After 4 hours you may have a light snack. After the examination is completed, you may return to your normal diet. The above instructions related to eating apply, unless your physician specifies otherwise. Contact your physician immediately if you suffer from any abdominal pain, nausea, or vomiting during Capsule Endoscopy.
2. After ingesting 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.
3. Occasionally, some images may be lost due to radio interference, (e.g., MRI) do not schedule an MRI the day of the procedure or for 72 hours after. If using any tablets, laptops or cell phones, keep arm's length away from your waist. On rare occasions this may result in the need to repeat the Capsule Endoscopy examination. In this case, the physician will advise you to stay within the premises of the clinic during the Capsule Endoscopy to prevent this problem from recurring.
4. Capsule Endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at any time during this period. Since the data recorder is actually a small computer, it should be treated with the utmost care and protection. Avoid sudden movement and banging of the data recorder.
6. Avoid any strenuous physical activity especially if it involves sweating. Do not bend over, stoop, or lay completely flat during Capsule Endoscopy.

**Due to the metallic components of the capsule, MRI studies should not be performed until the capsule has passed out of the body. If you require an MRI study, notify the ordering physician that you have recently had capsule endoscopy and that the capsule must be passed out of the body before the MRI is performed.**

**SEE REVERSE FOR CLEAR LIQUID DIET**

# FOR CAPSULE ENDOSCOPY

## CLEAR LIQUID DIET INSTRUCTIONS

The following is a list of the NON-RED clear liquids that you are permitted to have. Begin this diet after lunch on the day before your exam.

- WATER
- CLEAR FRUIT JUICES (APPLE, GRAPE, CRANBERRY)
- BOUILLON, CLEAR BROTH SOUPS
- PLAIN JELLO (AVOID **RED** JELLO, DO NOT ADD ANY FRUIT)
- POPSICLES
- SODA

You are NOT permitted to have COFFEE or DAIRY PRODUCTS while on the clear liquid diet.

**AFTER INGESTING THE CAPSULE:** You may not eat or drink for at least 2 hours. After 2 hours you can resume clear liquids. After 4 hours, you may have a light snack. It is suggested you have something light like soup, but NOT Tomato soup.

**AFTER THE TESTING IS COMPLETED:** You may have coffee and return to your normal diet.

\*\*\*\*\*CAREFULLY READ THE ATTACHED PATIENT INSTRUCTION SHEET AND BROCHURE FOR COMPLETE INFORMATION ON CAPSULE ENDOSCOPY EXAM\*\*\*\*\*

## What is ENDOCAPSULE?

ENDOCAPSULE from Olympus is a small bowel endoscopy system that uses a camera within a capsule that is swallowed by the patient. The capsule is approximately the size of a vitamin.



As the capsule travels through the small intestine, pictures are transmitted to a light-

weight recorder that is worn around your waist.

You will not feel the capsule as it moves through your body. The ENDOCAPSULE procedure requires no sedation.

## Is the ENDOCAPSULE procedure safe?

The ENDOCAPSULE procedure is a safe means of observing the small intestine. Although complications are rare, they may include failure to excrete the capsule. If you experience any discomfort before or after your procedure, please call your doctor immediately.

# ENDOCAPSULE

OLYMPUS CAPSULE ENDOSCOPE SYSTEM

## Sedation-Free Small Bowel Capsule Endoscopy



My ENDOCAPSULE procedure date and time: \_\_\_\_\_

I last ate and drank at: \_\_\_\_\_

After swallowing my capsule, I drank clear liquids at: \_\_\_\_\_

After swallowing my capsule, I ate a light snack at: \_\_\_\_\_

My recorder stopped recording at: \_\_\_\_\_

My capsule was excreted on (date/time): \_\_\_\_\_

My doctor/nurse: \_\_\_\_\_

My doctor/nurse emergency phone number: \_\_\_\_\_

Please keep this information with your medical records.



*Designed to allow your doctor to examine your entire small intestine with ease, ENDOCAPSULE is an advanced endoscopy system from Olympus that provides high-resolution images used to observe the condition of the small intestine. The following are answers to commonly asked questions regarding your ENDOCAPSULE procedure:*

### How does ENDOCAPSULE work?

A state-of-the-art capsule endoscopy system, ENDOCAPSULE involves the use of a capsule that contains its own high-powered light source and a miniature camera. As it travels through the small intestine via normal muscle contractions, the capsule takes thousands of pictures that are transmitted to a recorder that is worn around your waist.

### How do I prepare for the procedure?

Prior to your ENDOCAPSULE procedure, you must abstain from eating and drinking for eight hours. Your doctor may also prescribe a preparation agent (such as a laxative) to cleanse your digestive tract prior to your examination. Wear comfortable clothing that will allow easy access to your recorder and antenna leads.



### What can I expect as part of my ENDOCAPSULE procedure?

1. After your arrival at your doctor's office, a small antenna lead belt will be placed around your abdomen. The antenna will connect to a lightweight recorder that is worn close to your waist.
2. The capsule is swallowed with a glass of water. Your doctor will use a real-time viewer to make sure that the capsule is properly activated.
3. You can now leave your doctor's office and resume daily activities. The capsule will take pictures of your digestive tract as it is moved along by normal muscle contractions.
4. Two hours after you swallow the capsule, you may drink clear liquids or water. After four hours, you may eat a light snack.
5. There is a patient guidance function that may be used on the recorder unit. The personalized instructions will appear as a text message, along with a vibration and/or beep. After reading your message simply push "OK".
6. After approximately eight hours, you will return to your doctor's office, where the pictures saved in the recorder unit will be downloaded onto a computer for observation.
7. Designed for one-time use, the capsule will be excreted with your bowel movement. You should feel no pain or discomfort.

### Are there any precautions I need to take during the procedure?

All normal daily activities are fine during the ENDOCAPSULE procedure with the exception of vigorous exercise or other physical activities that may result in your leads or recorder being pulled loose. While the capsule is in your body, you should not have an MRI exam or be near an MRI machine.



*You can leave your doctor's office and resume daily activities.*

### Is there anyone who should not have an ENDOCAPSULE procedure?

Anyone with the following conditions should not have an ENDOCAPSULE procedure:

- an implanted electronic device, including a pacemaker or implantable cardio-verter defibrillator (ICD)
  - a swallowing disorder
  - an obstruction of the digestive tract
  - pregnancy
- Please consult your doctor to find out if this procedure is right for you.