

Capsule Endoscopy Information and Prep Instructions

Your procedure is scheduled on _____ Time: _____

Procedure location:

**Mid-Atlantic GI Consultants
Apex Medical Center
537 Stanton-Christiana Rd, Ste 203
Newark, DE 19713**



Capsule Endoscopy Information

Your GI physician has determined that you should undergo a Capsule Endoscopy as part of your clinical evaluation. Capsule Endoscopy is a procedure that uses a tiny wireless camera—located inside a vitamin-sized capsule that you swallow—to take pictures of your digestive tract. After you swallow the capsule, it travels through your digestive tract and takes thousands of pictures, which are automatically transmitted to a recorder that you wear on a belt around your waist. After 8 hours, you will return the recorder to the office. The images saved on the recorder will be transferred to a computer with special software that combines the images together to create a video. Your doctor reviews the video to look for abnormalities within your digestive tract. Meanwhile, the capsule will leave your body naturally in your bowel movements and may be flushed down the toilet.

Capsule Endoscopy allows your small intestine—an area that is not easily reached with more traditional endoscopy procedures such as EGD and Colonoscopy—to be visualized. Capsule Endoscopy is a very safe procedure, but carries a few risks. These risks include:

1. **Poor quality images after poor prep:** Capsule Endoscopy requires a bowel prep intended to clear the bowel of material that could obscure images. If the bowel prep is not done properly, the images may be poor, and the test may need to be repeated.
2. **Capsule lodging in GI tract:** In most cases, the capsule will leave your body naturally within several days via normal bowel movements. In rare cases, the capsule may become lodged in your digestive tract and will need to be removed endoscopically or surgically.

Capsule Endoscopy Prep Instructions

Obtain the Capsule Endoscopy Prep Bag from the MAGIC office and follow these directions:

A. On the day before your procedure:

- **Upon awakening:** Eat a low-residue breakfast. (see table below). After breakfast, you are required to maintain a Clear Liquid Diet (see Clear Liquid List below) until after your colonoscopy. Medications by mouth are ok. Abstain from smoking until after your procedure.

Drink as many clear liquids as you want. In fact, drink large amounts of clear liquids to avoid dehydration and to make the laxative work better.

Low-Residue Breakfast:

No more than:

- **2 eggs (boiled or fried) or 1 oz. cheese**
- **½ cup of milk**
- **2 slices of white bread/toast**
- **1 tsp of butter (if desired)**

- **Strictly no substitutions!**
- **Less is ok, but no more than above.**

Clear Liquid Diet:

- **Gatorade[®], Powerade[®] (sports drinks with electrolytes are recommended to help with hydration)**
- **Water, tea, or coffee (No cream or milk; sugar is ok)**
- **Broth or Bouillon**
- **Jell-O[®], Popsicles[®], Italian ice (no fruit or cream added)**
- **Apple, white grape, or white cranberry juice (No orange, tomato, grapefruit, prune, or any juice with pulp)**
- **Soda such as Sprite[®], 7-Up[®], ginger ale, or any cola**
- **Clear hard candy, gum**
- **Lemonade (with no pulp), iced tea**
- **Avoid all red liquids—they can look like blood in the colon!**

-
- **7 pm:** Take 3 Bisacodyl tablets with 8 oz. of water.
 - **8 pm:** Drink 1 bottle of MagCitrato followed by 8 oz. water.
 - **10 pm:** Take 1 Simethicone tablet (180 mg).

B. On Your Exam Day:

- **6 am:** Take 1 Simethicone tablet and 1 bottle of MagCitrato. Do not eat or drink anything else before the test.
- **8:30 am:** Arrive at the Apex office. Dress in a cotton t-shirt and comfortable pants. Do not wear a metal belt buckle.

- At the office, you will be fitted with a sensor belt connected to a recorder, which you will wear around your waist for the entire day. Once the equipment is in place, you will be given a glass of water and asked to swallow the capsule. You may feel the capsule as you swallow it, but once passed your throat, you will not feel it moving through your GI tract. After swallowing the capsule, you may leave and go about your day.

- **10:30 am or after:** You may begin drinking clear liquids.
- **12:30 pm or after:** You may have a light lunch or snack.

- **4pm:** Arrive back at the Office so the equipment can be disconnected.

- Your body may expel the capsule within hours or after several days. If you don't see the capsule in the toilet after 2 weeks, contact your doctor. Do not have an MRI until the capsule is out of your body.