

# WESTSIDE GASTROENTEROLOGY

## CONSULTANTS

### Capsule Endoscopy Procedure Instructions

**PLEASE READ AND FOLLOW THESE INSTRUCTIONS ON THE DAY YOU RECEIVE THEM.**

Our goal is to provide excellent quality care during your visit and throughout your experience with our office. We have included some very important information pertaining to your procedure and care. Don't hesitate to contact Westside Gastroenterology at 317-745-7310 with any prep questions or concerns.

If you must cancel or reschedule your procedure, please call **Westside Gastroenterology at 317-745-7310** as soon as possible.

#### **About Capsule Endoscopy**

The capsule endoscopy procedure uses a wireless camera inside a vitamin-sized capsule you swallow to take pictures of your digestive tract. The capsule travels through your digestive tract and transmits thousands of pictures to a recorder you wear on a belt around your waist. This procedure helps see inside your small intestine, an area that isn't easily reached with more-traditional endoscopy procedures.

#### **Your doctor might recommend a capsule endoscopy procedure to:**

- Find the cause of gastrointestinal bleeding.
- Diagnose inflammatory bowel diseases, such as Crohn's disease.
- Reveal areas of inflammation in the small intestine.
- Diagnose cancer by finding tumors in the digestive tract.
- Follow up if results of an imaging test are unclear or inconclusive.

#### **Risks**

Capsule endoscopy is a safe procedure with few risks. It is possible for a capsule to become lodged in your digestive tract rather than leaving your body during a bowel movement. The risk, which is small, might be higher in people who have a condition such as a tumor, Crohn's disease or previous surgery in the area that causes a narrowing (stricture) in the digestive tract.

If the capsule hasn't passed in a bowel movement but isn't causing signs and symptoms, your doctor might give it more time to leave your body. However, a capsule causing signs and symptoms that indicate a bowel

# WESTSIDE GASTROENTEROLOGY

## CONSULTANTS

obstruction must be removed, either by surgery or through a traditional endoscopy procedure, depending on where the capsule is stuck.

### **Bowel Prep and Clear Liquids Shopping List**

The medications you will need are all available over the counter without a prescription. They are typically found in the laxative section of the pharmacy. Generic versions of these medications are acceptable.

- **MiraLax®** 119-gram (4.1 ounces) bottle. Other names are Glycolax® or Polyethylene Glycol 3350, which are identical to MiraLax®.
- **ONE 28-ounce bottle of Gatorade® (NO RED or PURPLE)**. Patients who do not like Gatorade® or have diabetes should use G2® (low sugar), Gatorade Zero®, POWERADE Zero® or Pedialyte®.
- **Clear Liquids including** clear fruit juices, white grape juice, apple juice, Kool-Aid®, POWERADE®, clear soup broth or bouillon, popsicles, coffee (no cream), tea, soda pop (7-Up®, Sprite®, regular or diet Pepsi® and Coke®, ginger ale, orange soda), Jell-O® (without fruit or other additions). **Do not purchase Red or Purple colored drinks.**
- OPTIONAL - take 80mg or 125mg of **Simethicone** (the common brand name is Gas-X®) if needed for bloating symptoms.
- OPTIONAL - a **petroleum-based ointment product** or diaper rash ointment for potential irritation from frequent bowel movements.

### **1 DAY BEFORE PROCEDURE**

- You may eat a light breakfast.
- For lunch and dinner, drink plenty of fluids to avoid dehydration, including water, clear fruit juices, white grape juice, apple juice, Kool-Aid®, POWERADE®, clear soup broth or bouillon, popsicles, coffee (no cream), tea, hard candy/jellybeans, soda pop (7-Up®, Sprite®, regular or diet Pepsi® and Coke®, ginger ale, orange soda), Jell-O® (without fruit or other additions).
- **NO ALCOHOL.**
- **NO RED/PURPLE colored drinks, popsicles, or Jell-O®.**
- You may drink water until 10 p.m. after taking the MiraLax®.
- Do not drink or eat anything at all after 10 p.m.
- Do not smoke 24 hours before your capsule endoscopy appointment.

# WESTSIDE GASTROENTEROLOGY

## CONSULTANTS

### **Bowel Prep Instructions**

**STEP 1: Mix 119 grams of Miralax® with 28 ounces of Gatorade®** in a pitcher until dissolved.

**STEP 2: Drink the Gatorade® and Miralax® solution at 4 p.m.**

The Miralax® makes your intestines contract and push stool through your body, causing bowel movements.

### **DAY OF PROCEDURE**

- Do not eat or drink anything.
- Please arrive at 8 a.m. at the Danville Hospital West Entrance.
- Please hold all medications before your procedure to ensure that the capsule's transit in your digestive tract will be free of visual interference.
- You will wear a sensor belt containing an antenna comfortably fastened around your waist over a shirt. The recorder pouch is worn over the shoulder.
- Wear loose, comfortable clothes.

### **DURING THE PROCEDURE**

- After the recorder is connected and ready, you will swallow the camera capsule with water. A slippery coating makes it easier to swallow. Once you swallow it, you shouldn't feel it. You will then be able to return to normal activities, such as driving and going to work, depending on the type of work you do. Your doctor will discuss any restrictions you may have, such as avoiding strenuous activity, like running and jumping.

### **RESTRICTIONS**

- No magnetic fields, airport security, or MRIs (during the time the capsule is in your body).
- No strenuous activity or exercise.
- Computer and cell phone use is okay.

# WESTSIDE GASTROENTEROLOGY

## CONSULTANTS

### **AFTER THE PROCEDURE**

- After the procedure, your body should expel the camera capsule within several hours to days. Each person's digestive system is different. If you don't see the capsule in the toilet within two weeks, contact your doctor, who may order an X-ray to see if the capsule is still in your body.
- You may drink clear liquids (drinks you can see through) **2 hours** after the procedure.
- You may drink full liquids such as broth, coffee, or orange juice (drinks you can't see through) **4 hours** after the procedure.
- You may have a snack or light meal **6 hours** after the procedure.
- You may return to a normal diet after the recorder is removed.
- You may take your medications **4 hours** after the procedure.

### **REMOVAL OF DEVICE**

- Return to the Danville Hospital West Entrance 8 hours after the procedure for removal of the recorder device.

### **RESULTS**

- The camera used in capsule endoscopy takes thousands of color photos as it passes through your digestive tract. The images saved on the recorder are transferred to a computer with special software to create a video. Your doctor watches the video to look for abnormalities within your digestive tract.
- It might take a week or longer to receive the results of your capsule endoscopy. Your doctor will then share the results with you.