



Patient Instructions: Small Bowel Capsule Endoscopy

What is Small Bowel Capsule Endoscopy?

Small Bowel Capsule Endoscopy is a procedure that allows your gastroenterologists to completely visualize the small intestine. During this procedure you will swallow a small “capsule” which contains a camera that takes photos as it naturally passes through the digestive system. The capsule is called a PillCam. The pictures will be recorded by a data recorder, which is worn across your chest. After 8 hours you will return to the clinic to have the data recorder & belt removed. After it is removed, your gastroenterologist will be able to visualize your photos. You will naturally excrete the PillCam capsule in your bowel movement.

What would prevent a patient from having a Capsule Endoscopy?

- Previous small bowel surgery
- Known or suspected gastrointestinal obstructions or narrowing's.
- Swallowing disorders/ troubles swallowing
- Cardiac pacemaker or other implanted electromedical devices

(If you have any of these conditions, notify your physician or nurse immediately)

Is Capsule Endoscopy a safe procedure?

While Capsule Endoscopy is a safe procedure, in rare cases a person is unable to excrete the PillCam naturally. If this occurs, it will need to be removed endoscopically or surgically. In rare cases it might also cause injury to the mucosa and/or bleeding.



Patient Instructions: Preparing for your Small Bowel Capsule Endoscopy

Please read these instructions at least 2 weeks before your appointment.

Please make all attempts to make your scheduled appointment:

If you must cancel or reschedule your appointment, please call 470-267-1520 ext. 71532 or 71531.
with at least SEVEN DAYS

7 Days before your procedure

- Purchase the following from your local pharmacy:
 - One 8.3-ounce (238 gram) bottle of MiraLAX
 - One 32-ounce bottle of Gatorade, any flavor but **avoid red, orange, or purple.**
- If you are **diabetic** and take Insulin or diabetes pills: call the doctor that monitors your blood sugar levels for instructions or call your GI clinic for assistance at 470-267-1520 ext. 71534. Your medicine dose may need to be adjusted because of the diet restrictions required for the procedure.
- STOP taking medicines that stop diarrhea - such as Imodium, Kaopectate, or Pepto Bismol.
- STOP taking fiber supplements - such as Metamucil, Citrucel, or Perdiem.
- STOP taking Iron pills or multi-vitamins that contain Iron.

The day BEFORE your procedure

- From 12:00 noon until 10 hours prior to your procedure, only have clear liquids that are **not red, orange, or purple.** See next page for a list of clear liquids.
- From 10 hours prior to your procedure, until 2 hours before your procedure you may only ingest medications with small sips of water.
- Between 12:00pm-2:00pm
 - Mix ½ of the MiraLAX (8.3 oz) bottle in one 32 oz Gatorade bottle until dissolved.
 - After mixed, place in the refrigerator to cool.
 - **Do NOT** add anything else to the solution.
- Between 6:00pm-8:00pm begin drinking the solution of Gatorade/MiraLAX until the bottle is gone.
- You can continue to drink clear liquids until **10 hours** prior to your procedure.

The DAY OF your procedure:

- Nothing to eat or drink, including candy or chewing gum.
- Up until 2 hours prior to the procedure you may take provider prescribed medications with a small sip of water.
- Wear loose fitting clothing
- Avoid putting lotions or powders on your abdomen.
- Leave all valuables/jewelry at home.
- Arrive at the GI clinic at least 30 minutes before your scheduled procedure time.

CLEAR LIQUIDS

Coffee (no cream or milk)

Tea

Lemonade (from a mix)

Strained Fruit Juices

Kool-Aid

Jell-O

Clear Broth

Soda

Popsicles

Sports drinks

**Avoid all liquids that are red, orange, or purple and avoid all alcohol.*



Patient Instructions: During Your Small Bowel Capsule Endoscopy

After ingesting capsule:

- Keep the data recording device and equipment on at all times.
- Nothing to eat or drink for 2 hours.
- The capsule endoscopy will last 8 hours. During that time avoid strenuous activity, sleeping, or bending at the waist.
- Check the recorder every 15 minutes to ensure the blue light is flashing. If it is not flashing call the clinic at: 470-267-1520 ext. 71534.



- After 2 hours have passed you can have a clear liquid diet (avoid red or purple liquids).
- After 4 hours have passed you have a light snack & then resume clear liquids.
- After 8 hours have passed, return to the GI lab to return the equipment.
- **Call the clinic if you experience abdominal pain, nausea, vomiting, or have any other questions/concerns at 470-267-1520 ext. 71534.**



Patient Instructions: What to Expect After Your Small Bowel Capsule Endoscopy Is Complete

- Resume normal diet and activity.
- Over the next 7 days, watch your stool for the capsule. You do not need to retrieve the capsule when seen. It can be flushed.
- If you do not see the capsule within 7 days, please call your clinic at 470-267-1520 ext. 71534.
- Do not have an MRI, or be around an MRI machine/strong magnetic field, until it has been verified that the PillCam has been excreted.
- You will be notified of your results within 2 weeks.
- **Call the clinic if you experience abdominal pain, nausea, vomiting, or have any other questions/concerns** at 470-267-1520 ext. 71534.

