



Your Procedure Guide | Small Bowel Capsule Endoscopy

Small Bowel Capsule Endoscopy

We would like to take this opportunity to thank you for choosing the Atherton Endoscopy Center. Our goal is to provide you with the highest quality of care in a friendly environment. We always welcome your feedback regarding your experience at our facility.

About the Test

Your physician has recommended that you should undergo an examination known as small bowel capsule endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to a data recorder, which is a walkman sized receiver which saves the images. You will be wearing a large belt around your waist and suspenders over your shoulders. After 8 hours you return to the Center and have the data recorder removed. The images will then be downloaded to a computer so that your physician can examine them. The capsule is disposable and will be excreted naturally with your bowel movement.

Five Days Prior to Your Procedure

Stop taking any Iron, Multi-vitamins with Iron, and Herbal Supplements.

Two Days Prior To Your Procedure

Pick up your prescription of Colyte at the pharmacy. Add water to the bottle as directed on the label and refrigerate overnight.

One of our nurses will be contacting you two days prior to your test to obtain your medical history and review your preparation instructions. We will be happy to answer any questions you may have at that time. Please make sure you tell the nurse if you have any of the following:

- Allergies to any medications or latex products
- Pacemaker, implantable defibrillator or neurostimulator

The nurse will ask you about the medications you take. Please let her/him know if you are taking, or have recently taken, any of the following medications:

- Previous Small Bowel surgeries or injuries
- Any swallowing difficulties
- Blood thinning medications
- Anti-arthritis medications
- Anti-seizure medications
- Chemotherapy treatments
- Iron
- Diabetes medications such as Insulin or oral diabetes medications
- Herbal remedies

One Day Before Your Test

You may have a light breakfast and lunch. After 12 noon do not eat any solid foods. You may drink only clear liquids after 12 noon. Clear liquids consist of: black coffee or tea, beef/chicken



broth, apple juice, white grape or white cranberry juice, Gatorade, popsicles and jell-o. Please do not have any red or purple flavors.

Begin drinking the Colyte at 5pm. You need to drink 2 liters, or ½ of the gallon container. You will need to drink an 8 ounce glass every 15 minutes. It will take you about one hour to drink the entire ½ gallon. If you feel nauseous it may help to suck on a lemon or lime wedge in between glasses.

It is important to drink a lot of clear liquids all day long, especially after you finish the gallon and before 10pm. **Do not eat or drink anything after 10pm**

Individual responses to laxatives can vary. The prep will cause multiple bowel movements. It often works within 30 minutes, but may take up to several hours.

Many patients find it helpful to have some baby wipes and hemorrhoid cream on hand to soothe their sore bottoms!

Save the remaining 2 liters to bring with you the day of your exam - you should place this back in the refrigerator.

The Day of Your Test

Bring the remaining 2 liters of preparation solution with you. You will drink a small amount when you ingest the capsule.

Do not eat or drink anything after 10pm. Do not take your morning medications unless instructed by your doctor.

Please arrive at our center 15 minutes prior to your scheduled procedure time unless otherwise instructed. Expect to be at the Center for 30 minutes. When you arrive our receptionist will review your insurance and contact information with you. Please let her know of any changes.

Bring the following items with you:

- Your insurance card and driver's license or suitable ID card
- A list of all medications you are taking (or bring the bottles with you).
- Respiratory inhalers or insulin, if you use them
- Your consent form

Please do not apply any lotions or creams to your abdomen. Male patients should shave their abdomen from nipples to hip bones; this helps the adhesive sensors adhere to the skin. Please wear loose, comfortable two piece clothing. A top that has buttons in the front is ideal.

The nurse will bring you back to the admission area to get you ready for your test.

- She/he will review your medical history if this has not already been done.
- You will be signing a consent to have a Small Bowel Capsule Endoscopy.

The nurse will apply 8 adhesive sensors to your abdomen and attach them to the data recorder that you will be wearing for the next 8 hours. You will swallow the capsule with a full glass of water. You may now leave and go about your usual daily activities.



Patient Instructions During Small Bowel Capsule Endoscopy

Please call our office or your physician's office directly if you experience any of the following symptoms: persistent chest pain or abdominal pain, nausea, vomiting, fever or difficulty swallowing. We ask that you stay in the area (on the Peninsula) for the 8 hours the test is being performed.

1. You may begin drinking clear liquids 2 hours after swallowing the capsule. You may eat a light meal 4 hours after swallowing the capsule. You may also take your medications at this time.
2. Do not exercise and avoid heavy lifting. You may walk, sit or lie down. You may drive a car. It is fine to return to work if your work allows you to adhere to the above restrictions. Keep in mind that you will be wearing a fairly large belt and suspenders.
3. Avoid going near MRI machines and radio transmitters. It is fine to use a cell phone, computer or radio. Do not stand next to another patient that is undergoing a capsule endoscopy.
4. Do not get the sensor leads wet. Try not to touch the recorder or leads, and do not remove any of the leads.
5. You may loosen the belt to use the restroom, but keep the suspenders on so that the recorder does not fall.
6. Observe the LED light on the data recorder at least every 15 minutes. If the light stops blinking, call our office immediately; you will most likely have to return to our office.
7. Return to the Atherton Endoscopy Center at the specified time (8 hours later) to have the unit removed; this should take no more than 10 minutes.

Post Capsule Endoscopy Instructions

Please call our office or your physician's office directly if you experience any of the following symptoms: persistent chest pain or abdominal pain, nausea, vomiting, fever or difficulty swallowing.

1. You may return to your regular diet and activities without restrictions.
2. You may resume your regular medications immediately. Do not make up for doses you have missed, just begin with your normal dosage.
3. The capsule passes naturally in a bowel movement, typically in 24 hours. Most likely you will be unaware of its passage. It does not need to be retrieved and can be safely flushed down the toilet. Should you be concerned that the capsule did not pass, an abdominal X-ray can be performed after 2 weeks to confirm its passage.
4. Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the passage of the capsule from your body, you should contact your physician prior to having an MRI.