



Frederick Gastroenterology Associates

FREDERICK GASTROENTEROLOGY ASSOCIATES

SMALL BOWEL CAPSULE ENDOSCOPY **PATIENT INSTRUCTIONS**

Please report to our Frederick office on _____ at 8:00/8:15 a.m. Your physician has determined that as part of your medical evaluation you should undergo an examination known as a small bowel capsule endoscopy. This procedure involves ingesting a small PillCam capsule which will pass naturally through your digestive system while taking pictures of your small intestine. The images are transmitted to the Sensor Belt or Sensor Array which is placed on or around your abdomen. This is attached to a Data Recorder which saves all the images and is worn on a belt placed over your shoulder or around your waistline. After 8 hours, you will return to your physician's office where the equipment will be removed for processing. The PillCam is disposable and will be excreted naturally in your bowel movement. In the rare case that it is not excreted naturally, it may need to be removed endoscopically or surgically.

DO NOT TAKE ANY IRON PRODUCTS, ANTACIDS CARAFATE, QUESTRAN, BENEFIBER, CITRUCEL, METAMUCIL, PEPTO BISMOL, OR KAOPECTATE FOR ONE WEEK PRIOR TO YOUR SMALL BOWEL VIDEO.

**** Please follow the instructions below to ensure we obtain the most accurate information from this test:**

THE DAY BEFORE CAPSULE ENDOSCOPY:

1. **After lunch (no later than 1:00 p.m.)** on the day before the Small Bowel capsule endoscopy, start the **liquid diet** attached to these instructions. **DO NOT** eat or drink anything after 10 PM except for taking any necessary medications with a small sip of water.
2. **DO NOT** smoke for 24 hours prior to this test.

THE DAY OF YOUR CAPSULE ENDOSCOPY:

1. **DO NOT** take any medications for 2 hours before coming into the office (from 6:00 AM on the day of your test). ****Women: Please avoid lipstick or lip gloss.**
2. ****Arrive at our office at the scheduled time dressed in 2-piece, natural fiber, loose fitting clothing. **Cotton T-shirt or shirt is preferable****
3. You will be checked into the office and the medical assistant will ask you to sign an informed consent form and waivers for the equipment if you have not already signed this paperwork.
4. The Sensor Belt will be placed around your waistline. (Sensor Array pads may be applied to your abdomen) and will be connected to the Data Recorder which you will wear in a belt over your shoulder or around your waistline. After that, you will be instructed to swallow the PillCam.

AFTER SWALLOWING THE CAPSULE:

1. After swallowing the PillCam capsule, **DO NOT EAT OR DRINK ANYTHING FOR 2 HOURS.** After 4 hours, you may have a light snack. **CONTACT YOUR PHYSICIAN IMMEDIATELY** if you suffer from any abdominal pain, nausea, or vomiting during the capsule endoscopy.
2. After swallowing the capsule, and until it is excreted, **you should not be near any source of powerful electromagnetic fields such as an MRI machine or amateur ham radio.** (Images can be lost due to radio interference and the test would have to be repeated.)
3. The small bowel capsule endoscopy is considered complete after 8 hours. **DO NOT** disconnect or remove any of the equipment at any time during this period. The Data Recorder is a small computer and must be handled with the utmost care and protection. Avoid sudden movement and banging of the Data Recorder.
4. **DO NOT** disconnect any of the equipment or remove the belt at any time during the 8 hour testing period. Please record any eating, drinking, activity or unusual sensations during the test on the Event Form on the other side of this page.
5. **PLEASE CHECK THE BLINKING BLUE LIGHT** on the top of the Data Recorder every 15 minutes to make sure it is blinking twice per second. If it is not blinking or changes color, please note the time and contact your physician's office immediately.
6. Avoid any strenuous activity especially if it involves sweating and do not bend over or stoop during the small bowel capsule endoscopy. Also, please do not nap during the testing period.

AFTER COMPLETING THE SMALL BOWEL CAPSULE ENDOSCOPY:

1. After the 8 hours is completed, please return to your physician's office at **4:15 p.m.**
2. Please remember that this equipment is very sensitive and it should not be exposed to shock, direct sunlight, or vibration.
3. If you did not verify excretion of the capsule and develop any abdominal pain, nausea, vomiting, contact your physician immediately. You may need an x-ray to verify that the capsule has been excreted from your body. You must not undergo any MRI while the capsule is still in your body as this can result in serious damage to your intestinal tract or abdominal cavity. An x-ray must be performed to document that the capsule is not present before any MRI or other magnetic procedure is done.

SMALL BOWEL CAPSULE ENDOSCOPY EVENT FORM

****FOR ANY PROBLEMS, CALL 301-695-6800 AND ASK FOR A MEDICAL ASSISTANT**