

## CAPSULE ENDOSCOPY INSTRUCTIONS

Your physician at Southwest Gastroenterology Associates has determined that as part of your medical evaluation 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 sensors, which are placed on your chest and abdomen. The sensors are attached to a walkman-like data recorder, located on a belt worn around your waist, which saves all the images. After 8 hours, you will return to SWGA to have the equipment removed and the data processed. The capsule is disposable and will be excreted naturally in your bowel movement, typically within 24 to 72 hours. In order for your physician to get the most accurate information from this examination you will need to follow the instructions below:

### PRIOR TO THE CAPSULE ENDOSCOPY

You cannot have this procedure if you have a cardiac pacemaker or defibrillator.

Stop oral iron tablets, Carafate and Sucralfate 5 days before exam. Stop any medications that may cause delayed stomach emptying – i.e. pain pills (Darvocet, Codeine, Oxycontin, Percocet, etc.) Dicyclomine (Bentyl), Levbid, Donnatal, etc 2 days before exam.

### THE DAY BEFORE THE CAPSULE ENDOSCOPY

1. You may have a light breakfast only, after that you should drink only clear liquids the rest of the day. The clear liquid diet consists of water, black coffee, tea, sodas, clear juices, broth, jello, etc. At 6:00 pm drink 8.3oz (238 gm) of Miralax mixed with 64oz Gatorade or Gatorade G2 (NO RED FLAVORS). Do not eat or drink anything after midnight.
2. Abstain from smoking 24 hours prior to and during capsule endoscopy.
3. **Male patients should shave chest and abdomen (from nipples to 6 inches below navel) prior to the exam.**
4. If diabetic, adjust insulin and/or diabetic medications as instructed by your physician.

### DAY OF THE CAPSULE ENDOSCOPY

1. You will be required to report at 8:00 am and return to the office at 4:30 pm.
2. Wear two piece, loose fitting clothing. Women should not wear a dress.
3. Do not apply any lotion/cream to skin before exam.

