CAPSULE ENDOSCOPY STUDY

Capsule endoscopy is a state-of-art procedure designed to evaluate the small intestine by swallowing a small video capsule that takes video pictures as it passes through the small bowel. It does not examine the colon (large intestine), and is therefore not a substitute for colonoscopy. It is most often used to evaluate unexplained gastrointestinal blood loss, unexplained iron deficiency anemia, and sometimes chronic diarrhea problems that cannot be explained by other examinations.

PATIENT INSTRUCTIONS:

THE DAY BEFORE CAPSULE ENDOSCOPY

1) Stop any iron pills for 10 days before exam.
2) Liquid dinner the night before the exam, and nothing by mouth after 8 PM the night before. No oral medications after 8 PM.
3) Abstain from smoking for 24 hours before capsule endoscopy.
4) Male patients should shave any hair off their abdomen from 6 inches above and below the navel.

THE DAY OF CAPSULE ENDOSCOPY

1) Arrive at the office, 55 Highland Ave., Suite 304, at 7 AM
2) The procedure will be reviewed with you including the rare risk of intestinal obstruction. You will be asked to sign an informed consent form.
3) Nothing to eat or drink on the morning of the exam. No morning medications.
4) The sensor leads will be attached to your abdomen with adhesive pads and you will be connected to the DataRecorder which you will wear in a belt around your waist.

AFTER INGESTING THE CAPSULE

1) You may have a clear liquid beverage 2 hours after you swallow the capsule.
2) After 4 hours, you may have a light snack (1/2 a sandwich and a beverage) and your morning medications. After the examination is completed, you may resume a normal diet.
3) Contact the office immediately if you develop abdominal pain, nausea or vomiting during capsule endoscopy.
4) After ingesting the capsule, and until it is passed in the stool, you should not be near any source of powerful electromagnetic fields such as an MRI device or amateur (ham) radio.
5) Capsule endoscopy lasts approximately 7 1/2 to 8 hours. Please do not disconnect the equipment or remove the belt. Since the DataRecorder is actually a small computer, please treat it with utmost care and protection. Avoid sudden movement and banging of the DataRecorder. The apparatus will be removed when you return to the office at 3:45 PM.
6) During the Capsule Endoscopy, you should check about every 15 minutes to make sure that the small green light on top of the DataRecorder is blinking twice per second. If, for some reason it stops blinking at this rate, record the time and call the office.
7) Please avoid strenuous physical activity during the examination.
8) After the examination, check your stools to look for the passage of the capsule. Sometimes you may not see it. If you do not verify that the capsule has passed and you develop abdominal pain or vomiting, please notify the office as you may need an abdominal Xray.

It may take several days before you Capsule Endoscopy has been read and reviewed. We will contact you when the results are interpreted.

If you cannot keep this appointment notify the office 24 hours prior to the visit. Thank You. (978) 741-4171