

Gastroenterology Associates

Gastroenterology and Hepatology

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SMALL BOWEL CAPSULE ENDOSCOPY PREPARATION

You have been scheduled for an examination of your small bowel with a capsule endoscopy. This procedure involves swallowing a large vitamin pill sized video capsule containing a miniature camera, light source, and battery which will pass naturally through your digestive system while taking pictures of your intestine. Images are continuously transmitted over eight hours via an array of eight sensors which are placed on the abdomen and stored in a recording device worn on a belt around the waist. After eight hours the sensors and recording device are disconnected at your gastroenterologist's office. Data images are then read and interpreted by a physician. The small bowel capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it is not excreted naturally, it will need to be removed endoscopically or surgically.

PRE-PROCEDURE VISIT: A pre-procedure interview will be conducted at your physicians office. During this interview a MD/PA will explain to you the procedure and its risks, along with alternative forms of diagnosis and treatment, including non-treatment. You will be given the opportunity to ask questions and sign an informed consent.

Before preparing for the exam, please make sure that you have notified the physician performing your exam of your complete medication list and any of the following:

- A. A personal history of diabetes including the medications you take for it.
- B. Previous abdominal surgery, swallowing problem, or history of bowel obstruction.
- C. A pacemaker or automatic internal defibrillator.
- D. Tell your doctor if you could be pregnant.

CHECK IN AT THE FOLLOWING LOCATION:

**Gastroenterology Associates
Memorial Medical Plaza**
500 Lilly Road N.E., Suite 204 (2nd Floor)
Olympia, WA 98506
(360) 413-8250

ARRIVE AT FACILITY:

DAY: _____

DATE: _____

TIME: _____ AM

RETURN TO FACILITY (same day):

TIME: _____ PM

KEY POINTS:

1. Fill preparation prescription at your local pharmacy
2. Follow food and medication directions
3. Follow preparation directions
4. Follow instructions regarding daily routine after swallowing the capsule
5. Return to office at scheduled time

Small Bowel Capsule Endoscopy Instructions – COLYTE

An empty stomach and clear gastrointestinal tract is needed in order to get the best visualization and most accurate information from this examination. These instructions have been prepared to help you understand the preparation process. Please follow them carefully.

<p><u>DAY BEFORE EXAM:</u></p> <ol style="list-style-type: none">1. In the morning, mix the colyte bowel preparation you picked up from the pharmacy with water to the “fill” line, shake and put in refrigerator.2. Have a normal breakfast. This will be your last solid food until after your procedure.3. Have a clear liquid lunch and dinner. Drink generous amounts of clear liquids throughout the day and evening to prevent dehydration. Clear liquids are pulp free fluids such as clear juices (apple, white grape), Gatorade, sports drinks, plain broth (chicken, beef, bouillon), Jell-O, popsicles, soda pop, black tea or coffee, and water.4. At 6:00 pm begin drinking colyte at a rate of 8 ounces every 15-20 minutes, as tolerated. You must drink <u>one-half of the 4 liter bottle (½ gallon)</u>. At some point during or after drinking the preparation you will begin to have diarrhea. The timing of this varies from person to person. Using flushable baby wipes may make you more comfortable.5. If you become too full or develop nausea while drinking your preparation, stop for one hour then resume at a slower pace. Preparation should be consumed within 2-4 hours.6. It is normal to feel chilled during and after drinking the preparation so you may want to wear warm clothing.7. After 10:00 pm, do not eat or drink, except to take prescribed medication with a small sip of water.8. Abstain from smoking 24 hours prior to your exam.9. MALE PATIENTS should shave their abdomen six inches above and below the navel. If you need assistance, contact your physician’s office to arrange to have this done in advance.	<p><u>AFTER SWALLOWING THE CAPSULE</u> you may go about your daily routine, following the guidelines described below:</p> <ol style="list-style-type: none">1. Have nothing by mouth for the first 2 hours after leaving your physician’s office.2. After 2 hours, you may begin drinking clear liquids.3. After 4 hours, you may have a light snack.4. After the examination is complete, you may return to your normal diet.5. Avoid strenuous activity, especially if it involves sweating and do not bend over or stoop during your exam.6. Avoid being near any source of powerful electromagnetic fields such as an MRI device or amateur Hamm radio until the capsule has been excreted.7. Occasionally, some images may be lost due to radio interference with amateur radio transmitter, MRI, etc. On rare occasions this may result in the need to repeat the capsule endoscopy.8. Capsule endoscopy lasts approximately 8 hours and is considered complete according to your physician’s instructions. Do not disconnect the equipment or remove the belt at any time during this period.9. The recording device is a small computer. Treat the equipment with the utmost care and protection. Avoid exposing it to shock, vibration, or direct sunlight, which may result in loss of information.10. Call your physician immediately if you experience unusual bloating, pain, vomiting, fever, trouble swallowing, chest pain, or other symptoms or changes.11. Verify every 15 minutes that the small light on top of the data recorder is blinking twice per second. If, for some reason, it stops blinking at this rate, record the time and contact your physician.12. Record the time and nature of any event such as eating, drinking, your activity and unusual sensations. Bring the completed Event Form to your follow-up appointment later that day.
<p><u>DAY OF EXAM:</u></p> <ol style="list-style-type: none">1. Do not take any medication 2 hours prior to your exam.2. Do not use body lotion or powder.3. Wear a loose fitting, two-piece outfit.4. Sensors will be applied to eight areas on your abdomen with adhesive pads and a data recording device will be connected to a belt worn around your waist.5. You will be instructed to swallow the capsule.	<p><u>AFTER COMPLETING THE CAPSULE ENDOSCOPY:</u></p> <ol style="list-style-type: none">1. Return to your physician’s office as directed to have the equipment disconnected, usually 8 hours after you swallow the capsule.2. If you did not positively verify the excretion of the video capsule from your body and you develop unexplained post procedure nausea, abdominal pain, or vomiting, contact your physician’s office.3. 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 excretion of the video capsule from your body, you should contact your physician before undergoing an MRI examination.