

Digestive Health Center Of the Four States

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Video Capsule Instructions

Patient Name:

Date of Capsule:

The day before the procedure:

- You may have clear liquids only.
- You may take your regular medications the rest of the day.
- Take 2 packets of Miralax, dissolved in 16 ounces of tap water along with one packet of crystal light. Drink this mixture at 4:00 pm. (Recommended you chill it before drinking) Take 1 Gas-X tablet when you finish your drink mixture.
- Take 1 Gas-X tablet at bedtime.
- Do not eat or drink after midnight the night before the test.
- If you have a pacemaker or internal defibrillator (AICD), please inform our office prior to your test.

The day of the procedure:

- Arrive at our office at 8:00 am.
- Do not take your routine morning medications the day of the test. You will be allowed to take medications 3 hours after you swallow the camera capsule.

Any questions contact our office at 620.783.1703

Capsule Endoscopy Preparation and Information

What is a capsule endoscopy?

- A capsule endoscopy is a procedure that uses a small capsule the size of vitamin pill that contains a video camera that takes over 80,000 pictures in 8 hours. It is designed to be swallowed and travel through your stomach into your small intestine. Its goal is to travel the entire length of your small intestine (about 30 feet) during the life the battery that powers the video recorder that you will wear on a waist belt. During the 8 hour exam you are free to move about; however there are very important instructions regarding your diet.

Why is the capsule endoscopy of the small bowel performed?

- The capsule endoscopy helps your doctor examine the small intestinal lining in order to identify and locate abnormalities that could explain your symptoms or laboratory findings. The capsule is used to study blood loss, iron deficient anemia, small bowel tumors, Crohn's disease, and many others.

What can I expect during the capsule endoscopy?

- You will first be instructed on a very important diet and small bowel preparation instructions that are designed to enhance the visualization of the small bowel lining with the video camera. Following these dietary and small bowel preparation instructions is critical to obtaining a successful study. When you arrive for the study a number of wires will be attached to your abdomen with small adhesive patches. These wires help track the location of the capsule. The capsule is swallowed with a small glass of water and will pass naturally through your gut while transmitting the video images to the data recorder worn on a belt for about 8 hours. Occasional, rather than swallowing the capsule, it will be necessary to carry the capsule down into the first part of your small intestine called the duodenum with an upper video endoscope, (EGD Scope). Reasons for doing this can often be uncovered during the office visit or phone checkup prior to your scheduled procedure. It is important to let the capsule endoscopy team know if you have any difficulty swallowing foods or pills, have diabetes, or have had prior surgeries on your stomach. Typically 5 hours after swallowing the capsule you will be able to start eating.

What happens after the capsule endoscopy?

- At the end of the procedure (8 hours or so after swallowing the capsule), you will return to the lab to return the data recorder, belt, and wires. The video images obtained during your study are then downloaded onto a special computer and will be examined. The capsule will eventually pass out of your colon and into the toilet. Most people do not see the capsule buried in their wastes. Infrequently, the capsule does NOT pass into the colon and on into the toilet. This is referred to as a retained capsule. In most instances this is not dangerous, but in some people this capsule can get stuck and cause pain and obstruction of the intestine requiring urgent to semi-urgent surgery. It is difficult to predict in whom this may occur, but if it does the capsule will have located a point in which the small bowel is abnormal or narrowed from an adhesion, scar, tumor, inflammatory stricture or other problem.

Guidelines for a clear liquid diet

The following are examples of the clear liquid diet foods and beverages

Foods

- Clear broth
- Bouillon
- Plain popsicles (avoid popsicles with pureed fruit or fiber)
- Flavored gelatin, such as Jell-O without fruit

Beverages

- Clear juices
- Mild tea, without cream or milk
- Mineral, bubbly, or plain water
- Clear soft drinks such as ginger ale, lemon-lime, or club soda
- Clear sports drinks (Gatorade, PowerAide)