

INSTRUCTIONS FOR CAPSULE ENTEROSCOPY

(USING SUPREP LAXATIVE)

(OBTAIN ONE KIT OF **SUPREP** AT ANY PHARMACY. A PRESCRIPTION IS REQUIRED.)

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READ ALL INSTRUCTIONS CAREFULLY

REPORT TO:

Pacific Gastroenterology Medical Associates, 26421 Crown Valley Pkwy. Suite 140A, Mission Viejo.

Date _____ **Arrival Time** _____

What is Video Capsule Endoscopy?

The PillCam Capsule is about the size of a standard vitamin pill (11 mm x 26 mm) and weighs less than four grams. The capsule contains a miniature video camera and is equipped with a light source on one end, batteries, a radio transmitter and antenna. After it is swallowed, the PillCam capsule transmits approximately 50,000 images over the course of an eight-hour period (about two images per second) to a data recording device attached to a belt worn around the patient's waist. The small bowel images are then downloaded to a computer where a physician can review the images.

1) Day Before Examination

- Abstain from smoking for 24 hours prior to capsule endoscopy.
- Drink only "clear liquids" for breakfast, lunch, and dinner. Solid foods, milk or milk products are **not** allowed.
- "CLEAR LIQUIDS" INCLUDE:
 - ⇒ Strained fruit juices without pulp (apple, white grape, lemonade)
 - ⇒ Water, Clear broth or bouillon
 - ⇒ Coffee or tea (without milk or non-dairy creamer)
 - ⇒ All of the following that are **not** colored red or purple
 - ◇ Gatorade, Carbonated and non-carbonated soft drinks
 - ◇ Kool-Aid (or other fruit flavored drinks), Ice popsicles
 - ◇ Plain Jello (without added fruits or toppings)

Evening (6 pm)

- Pour one 6-ounce bottle of SUPREP into the mixing container provided with the kit. Add cool drinking water to the 16-ounce line on the container and mix.
- Drink ALL the liquid in the container.
- You **MUST** drink two (2) more 16-ounce containers of water over the next hour. Drink more if desired.

2) Day of Examination

Morning Dose of Laxative: (Four hours before your Capsule endoscopy arrival time):

- Repeat the same instructions as mentioned above for the prior evening dose, using the other 6-ounce bottle of SUPREP.
- You **MUST** drink two (2) more 16-ounce containers of water over the next hour. Drink more if desired.
- **Finish drinking all liquids at least 2 hours before your capsule endoscopy arrival time.** Please eat **NO BREAKFAST**. DO NOT DRINK DARK COFFEE on the morning of your examination.
- **Do not** take any of your usual medication in the morning.
- Wear loose-fitting two-piece clothing.
- **Arrive for Capsule endoscopy at your scheduled time.**



If there are any questions regarding the procedure or its scheduling, please call us at (949) 365-8836.

INSTRUCTIONS FOR VIDEO CAPSULE ENTEROSCOPY

What to expect AFTER you arrive for your Capsule Endoscopy?

- After you arrive at your doctor's office, a nurse or technician will explain the procedure to you.
- The nurse or technician will then fit you with the PillCam sensor belt, a comfortable belt worn around your waist and over your clothing. The PillCam recorder, a small portable recording device that communicates with the PillCam capsule as it passes through the small bowel, is attached to the sensor belt.
- You will then be asked to swallow the vitamin-sized capsule with a glass of water and you will then be able to resume most daily activities.
- After ingesting the Pillcam Capsule, do not eat or drink for 2 hours. After 2 hours you may drink water. After 4 hours you may have a light snack. After completion of the study, you may return to a normal diet.
- **Contact your physician's office immediately if you have any abdominal pain, nausea or vomiting anytime after ingesting the PillCam capsule.**
- After ingesting the capsule and until it is excreted, you should not be near any source of powerful electromagnetic field such as one created near an MRI device or amateur (ham) radio. Occasionally, some images may be lost due to radio interference. On rare occasions, this may result in the need to repeat the procedure.
- The Capsule Endoscopy will last 8 hours. During the Capsule Endoscopy try to avoid any strenuous physical activity. Do not bend or stoop during the procedure. In addition, you should not remove the belt at any time during this period.
- Every 15 minutes, you will need to verify that the small green/blue light on the top of the recorder is still blinking. If for some reason it stops, please record the time and contact the physician's office.
- You will also need to record the time and nature of any events such as eating, drinking and unusual sensations. Return these notes to your physician's office at the time you return the equipment.
- At the end of 8 hours, you will be scheduled to return to the physician's office with the sensor belt and the recorder.
- The Data recorder and Belt will be removed at your physician's office.
- Your physician will then download images from the recorder for review.
- The Data Recorder holds the images of your examination. Handle the Data Recorder and Sensor Belt carefully. Do not expose them to shock, vibration or direct sunlight, which may result in the loss of information.
- The PillCam capsule is disposable and will be excreted naturally in your bowel movement, usually in 24 to 72 hours.
- Final results of the Video capsule endoscopy will be available within a week.