

INSTRUCTIONS FOR VIDEO CAPSULE ENTEROSCOPY

(USING MAGNESIUM CITRATE LAXATIVE)

Purchase one 10 ounce bottle of Magnesium Citrate (Lemon-lime or Orange flavor) **NO RED.**
No Prescription required.

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.
- DO NOT TAKE SOLID FOOD AFTER 12 NOON. Drink only "clear liquids".
- "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)

- Drink 10 Ounces of Magnesium Citrate (one bottle). To improve the taste, chill it ahead of time.
- Immediately after drinking Magnesium Citrate, drink at least 2 to 3 eight ounce glasses of clear liquids. Continue to drink clear liquids until 10 pm.
- The laxative effect can begin within 1-4 hours. Be prepared to be near the bathroom during the preparation.

After 10 pm

- Do not drink any liquids after 10 pm.

MEDICATIONS

- **Evening prior to your examination:** Take any of your usually prescribed medications **more** than two hours before or two hours after you take the Magnesium Citrate laxative. This is to decrease the chance of your pills being washed out of your intestines before they can be absorbed.

2) Day of Examination:

- **Do not** take any of your usual medication in the morning.
- Please eat **NO BREAKFAST** and do not drink any liquids on the morning of your examination.
- 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.

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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.