



WAMC Gastroenterology Clinic

Capsule Endoscopy Preparation Instructions

Please read all of the instructions ahead of time so you are adequately prepared for this procedure.

Your doctor has ordered a Video Capsule Endoscopy to evaluate your small intestines for conditions such as ulcers and bleeding. This procedure involves swallowing a capsule the size of a large vitamin pill. The capsule will pass through your small intestines taking pictures. The pictures will be transmitted to a small computer which you will wear on a belt around your waist. The test lasts 8 hours, during which time you may leave and go about your daily activities. At the end of that time, you will be asked to return the recording computer to the Gastroenterology (GI) Clinic, where the images will be downloaded for analysis. The video capsule is disposable and will usually pass naturally in your bowel movement within 24-48 hours. You will be asked to sign a consent form prior to the procedure because of the rare possibility that the capsule may not pass.

FIVE DAYS BEFORE EXAM:

1. Discontinue Iron Supplements

24 HOURS BEFORE EXAM:

1. No Carafate, Pepto Bismol or Antacids 24 HOURS prior to examination.
2. No SMOKING for 24 HOURS prior to examination.
3. Do not take any oral diabetic medications the day prior to or day of the study. If you take long acting insulin (Lantus), take ½ your usual dose the evening before the study and none the day of the study until you resume your regular diet.

ONE DAY BEFORE EXAM:

1. You may eat a regular breakfast.
2. Drink only clear liquids for the remainder of the day starting at 11:00am.
Clear liquids allowed: Gatorade or PowerAde, water, clear fruit juices, clear sodas, low-sodium chicken or beef bouillon/broth, plain Jell-O, popsicles, plain black coffee, or tea.
NO SOLID FOODS ALLOWED. NO MILK, CREAMER, OR DAIRY PRODUCTS.
NO RED, PURPLE, BLUE, PINK OR GREEN COLORS/DYES .
3. No more liquids beginning at 10pm the night before your study except for the prep as outlined below.

Capsule Endoscopy Preparation Instructions using MOVIPREP:

1. Pick up your **MoviPrep**[®] kit from the Womack pharmacy at least 2 days prior to your procedure. (M-F 0800-2000 and weekends 0800-1600).

MoviPrep is a laxative that cleans out your colon prior to the procedure. The **MoviPrep** kit contains 2 packages and a mixing container. Each package contains 1 pouch A and 1 pouch B. Following the instructions below, you will use all 4 pouches to complete your prep. **You must complete the entire prep to ensure the most effective cleansing. It is important you follow your physician's instructions regarding consumption of clear liquids before your procedure.**

INSTRUCTIONS FOR MIXING YOUR MOVIPREP SOLUTION

1. Empty 1 pouch A and 1 pouch B into the disposable container.
2. Add lukewarm water to the top line of the container. Mix to dissolve. If you prefer, the solution can be refrigerated before drinking. The solution should be used within 24 hours.

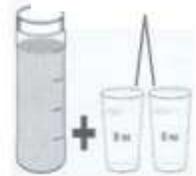
Steps 1 and 2



FIRST DOSING REGIMEN Date: _____ Start time 4:00PM

3. The **MoviPrep** container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete. You may start going to the bathroom after only a couple of glasses, but be sure to drink **ALL** of the solution.
4. Drink an additional 16 ounces of the acceptable clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.
5. Prepare the second container of **MoviPrep** by repeating steps 1 and 2.

Steps 3 and 4
16 ounces



Step 5

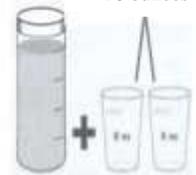


SECOND DOSING REGIMEN Date: _____ Start time 11:00PM

The **MoviPrep** container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete.

6. Drink an additional 16 ounces of the acceptable clear liquid of your choice. You may start going to the bathroom after only a couple of glasses, but be sure to drink **ALL** of the solution.
7. **Do not eat or drink anything else after 1:00AM. If you have any medications due, you may take them with sips of water prior to 5:30AM.**

Steps 6 and 7
16 ounces



You can expect your first bowel movement as soon as 30 minutes after starting your prep. Frequent bowel movements can cause anal tenderness. Use baby wipes to clean and soothe the area after each bowel movement.

Once the capsule is swallowed, specific instructions on diet and care of recording equipment will be given to you. **A general guideline to the diet is as follows:**

0-4 hours after swallowing capsule: Do not eat or drink.

4 hours after swallowing capsule: Clear liquids and medications.

6 hours after swallowing capsule: Light snacks.

8 hours after swallowing capsule: Regular diet.

DAY OF THE EXAM:

1. Take any “Critical Meds” (Heart, Blood Pressure, Seizure, Etc.) at least two hours before the capsule ingestion, or four hours after you swallow the capsule.
2. Wear loose comfortable two piece clothing and undergarments. Shave your chest or abdominal area if it is excessively hairy. No Lotions or powders are to be applied to the abdominal area the day of the exam. During the exam sticky pads with sensors and wires will be placed on your abdomen. You will swallow the capsule and be fitted with a belt containing the recorder that you will wear throughout the day.
3. While wearing the recorder do not enter airports, no swimming –Do not get the equipment wet. Do not get near any other patient with the same recording equipment as yours.
4. **You must return to the office at the schedule time listed below to have the sensors and recorder removed. DO NOT ATTEMPT TO REMOVE THE EQUIPMENT YOURSELF**
5. You will be able to drink liquids four hours after swallowing the capsule and have a light lunch (sandwich) six hours after swallowing the capsule.
6. **AVOID-MRI Machines during the procedure and until after the Capsule passes. If you have an MRI scheduled within the next 14 days it should be postponed, until the Capsule passes.**

YOUR PROCEDURE IS SCHEDULED ON:

DATE: _____ TIME: _____

PLACE: WAMC Gastroenterology Clinic

YOUR POST PROCEDURE VISIT RETURNING SAME DAY ON:

DATE: _____ TIME: _____

PLACE: WAMC Gastroenterology Clinic

If you have any questions regarding the procedure, call our office) 910-907-7808, HRS M-F 0730-1630.

Overview

- Ingestible capsule equipped with a video camera to visualize the small intestine
- Non-invasive alternative radiological procedures to help diagnose and evaluate disorders of the small intestine including suspected Crohn's disease, celiac disease, unexplained bleeding, intestinal cancer, NSAID related ulcer, etc.
- The only device able to visualize all 21 feet of the small intestine, previously visible only by surgery
- Procedure's accuracy is comparable to or better than traditional diagnostic and detection methods

How it Works

- PillCam SB transmits 2 images per second for eight hours to a recording device worn by the patient. This results in approximately 50,000 images of the small bowel
- Data is transferred from the recorder belt to the RAPID workstation and used to view, edit, and archive video images and clips

Procedure

- Patient fasts for 10 hours prior to the procedure
- PillCam SB Capsule Endoscopy begins when the patient ingests the smooth plastic capsule (the size of a large vitamin) with a glass of water
- Images and data are acquired as the PillCam SB passes through the digestive system
- This information is then transmitted via an array of sensors to the Data Recorder affixed to a belt worn around the patient's waist
- Total procedure takes approximately 8 hours
- Natural digestive contractions help propel the disposable PillCam SB through the gastrointestinal (GI) tract, and it is passed naturally and painlessly from the body, usually within 24 hours

After the Procedure

- The Capsule passes naturally in a bowel movement, typically in about 24 hours. Most likely, you will be unaware of its passage.
- You will be asked to look at your bowel movements. The Capsule does not need to be retrieved and can be safely flushed down the toilet. Occasionally, the capsule lights will still be flashing when it passes.
- In the absence of symptoms, should you be concerned that the capsule did not pass; an abdominal x-ray can be obtained after 14 days to confirm its passage.
- You will be required to contact our office and leave a message for the clinical staff once you have seen the Capsule pass, or if no Capsule has passed.

Acceptance

- FDA Clearance of PillCam SB – August, 2001; “Adjunctive” label removed July 2003
- Received CE Mark – May 2001
- ASGE Technology Statements on Capsule Endoscopy
- Over 500,000 capsules ingested worldwide

Risks

- Bowel Obstruction-Which may require immediate surgery.
- Less than 1% Retention of the capsule, and up to 4% Retention of the Capsule if suspected or known Crohn's Disease.
- May need to repeat the Capsule procedure due to the loss of images. The loss of images occurs due to variations in a patient's intestinal motility or signal interference with recording equipment.
- Avoid MRI machines during the procedure and until after the capsule passes. Due to the Capsule contains metal.