

SOUTH JERSEY ENDOSCOPY CENTER

26 East Red Bank Avenue
Woodbury, NJ 08096
(856)848-4464

VIDEO CAPSULE/CAPSULE ENDOSCOPY INSTRUCTIONS

Patient Name: _____ Med. Rec#: _____

Date of Birth: _____ Appointment: _____

Your physician has determined that as part of your medical evaluation you should undergo an examination known as a capsule endoscopy. This procedure involves ingesting a small Given Image Capsule (the size of a large vitamin pill) which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the Sensor Array which is placed on your abdomen. The Sensor array is attached to a Walkman-like Given Data Recorder which saves all the images. It is located in the Recorder Belt, which is worn around your waist. After 8 hours, you will return to the office and we will remove the equipment. The Capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will need to be removed endoscopically or surgically.

VIDEO CAPSULE/CAPSULE ENDOSCOPY INSTRUCTIONS

- **Purchase Miralax® (polyethylene glycol) ,255 grams or 8 ounces.**
- **Purchase 1 Dulcolax® (bisacodyl tablet), 5 mg tablet.**
- **Purchase 1 oz. bottle of Mylicon® Infant Gas Drops. You will need 20 drops.**
- **All are available over the counter at most pharmacies.**
- **Purchase 64 oz. Gatorade® (not red, orange, or purple)**
- **Abstain from smoking 24 hours prior to undergoing Capsule Endoscopy.**
- **If taking iron tablets stop 5 days prior to Capsule Endoscopy.**

The Day Before the Capsule Endoscopy

- Thoroughly mix all of the Miralax with the Gatorade and then refrigerate.
- **NOON- CLEAR LIQUIDS BEGINNING AT NOON** the day prior to the capsule. Water, apple juice, lemonade (no pulp), coffee or tea (no creamer), sports drinks (Gatorade, etc.), jello (no topping), ices, clear soda, hard candy.

****NOTHING PURPLE, RED, OR ORANGE. NO SOLID FOODS OR DAIRY PRODUCTS****

- **NOON** the day prior to the capsule, take the 1 bisacodyl table with 8 ounces of clear liquid.
- **4:00 PM** the evening prior to the capsule, drink 8 ounces of the Miralax and Gatorade mixture every 15-20 minutes until complete- 32 ounces (1 liter). Add simethicone drops before drinking. Fill the dropper to 0.6ml and add 10 drops to the dose (1 liter).
- **8:00 PM** the evening prior to the capsule, drink 8 ounces of the Miralax and Gatorade mixture every 15-20 minutes until complete- 32 ounces (1 liter). Add simethicone drops before drinking. Fill the dropper with 0.6ml and add 10 drops to dose (1 liter).
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT BEFORE YOUR CAMERA STUDY.**

The Day of the Capsule Endoscopy

- **Do not eat or drink anything. Take your medication with a little water.**
- Arrive at your physician's office at the prescribed time for your Capsule Endoscopy dressed in loose fitting, two-piece clothing.
- At your physician's office, you will have a pre-procedure interview. During this interview, you should be informed that Capsule Endoscopy is associated with a small chance of intestinal obstruction. You will be checked in and asked to give your informed consent.
- The Sensor Array will be applied to your abdomen with adhesive pads and will be connected to the Capsule.

After Ingesting the Capsule

- After ingesting the Capsule, do not drink for at least 3 hours. After 5 hours, you may have solid food. After the examination is completed, you may return to your normal diet. The above instructions related to eating apply unless your physician specified otherwise.
- **Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during Capsule Endoscopy.**

- After ingesting the Capsule and until it is excreted, you SHOULD NOT be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio.
- Occasionally, some images may be lost due to radio interference (e.g. from amateur radio transmitter, MRI, etc.) On rare occasions this may result in the need to repeat the Capsule Endoscopy examination. In this case, the physician will advise you to stay within the premises of the clinic during the Capsule Endoscopy to prevent this problem from recurring.
- 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.** Since the Data Recorder is actually a small computer, it should be treated with the utmost care and protection. Avoid sudden movement and banging the Data Recorder.
- During capsule endoscopy, you will need to verify every 15 minutes that the small light on top of the Date Recorder is blinking twice per second. If, for some reason, it stops blinking at this rate, record the time and contact your physician.
- Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during Capsule Endoscopy.
- You are not required to remain in the office after ingesting the capsule, but must return to the office later in the day. The nurse will inform you when to return.
- **If you have a pacemaker or defibrillator implanted, tell the nurse/doctor immediately.**

**IF YOU NEED TO RESCHEDULE YOUR CAPSULE TEST, CONFIRM A DATE OR TIME,
OR HAVE QUESTIONS, PLEASE CALL AT 856-848-4464 , EXTENSION 231
ASK FOR ASHLY.**

IF IT IS AFTER HOURS PLEASE CALL THE EMERGENCY NUMBER 856-573-7543.