



## **Patient Instructions for Undergoing Capsule Endoscopy**

Your physician has determined that as part of your medical evaluation you should undergo an examination known as Capsule Endoscopy. This evaluation involves ingesting (swallowing) a small (the size of a large vitamin pill) M2A Capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to a Sensor Array, which is placed on your abdomen. The Sensor Array is attached to a Walkman-like Data Recorder, which saves all of the images. IT is located in the Recorder Belt, which is worn around your waist. After 8 hours, you will return it to Digestive Disease Clinic and the nurse will remove the belt. The M2A Capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it is not excreted, you will need to contact Digestive Disease Clinic at (850) 877-2105.

**If you take iron or vitamins that contain iron, please discontinue your iron products 10 days prior to the date of your procedure. Resume iron once the Capsule Endoscopy has been completed unless otherwise advised by your physician.**

Please take your prescription for the colon cleansing solution to the pharmacy 3 days prior to the date of the procedure. **You do not have to take the tablets that are included in the colon prep.**

**The Day Before Capsule Endoscopy – Date:** \_\_\_\_\_

1. You may have a light lunch around 12 noon and after that observe a clear liquid diet (water, black coffee or tea, Gatorade, soft drinks, Jell-O (no red Jell-O), clear broth, popsicles, or clear juices (apple, white grape, or white cranberry). **NO dairy products or solid food after 12 noon.** At this time, mix the bottle of Halflytely by following the instructions on the bottle. Put the Halflytely solution in the refrigerator. Begin drinking Halflytely at 5 pm, drinking 8 ounces every 15 minutes until finished. You may have clear liquids until midnight. **Do NOT drink after midnight.** If you take diabetic medications, you should contact the prescribing physician for instructions for adjusting the diabetic medication.
2. You must abstain from smoking 24 hours prior to undergoing Capsule Endoscopy AND during the test.

**Day of Capsule Endoscopy – Date:** \_\_\_\_\_

Do not take any medications after 6 am the day of the procedure except for your normal heart and blood pressure medication. After 10 am on the morning of the procedure, please take your normal medications.

Arrive at Digestive Disease Clinic no later than 7:30 am. Please wear loose fitting 2 piece clothing with a thin shirt hanging past the waist if possible.

The nurse will conduct a brief pre procedure interview and obtain the consent before administering the capsule.



The Sensor Array will be applied to your abdomen and will be connected to the Data Recorder, which you will wear in a belt around your waist. You will then be instructed to ingest (swallow) the M2A Capsule.

After ingesting the M2A Capsule, do not drink for at least 2 hours. From 2-4 hours after ingestion, you can have clear liquids. At 4 hours after ingestion, you may eat a light lunch. After the examination is complete, you may return to your normal diet. Please contact Digestive Disease Clinic at (850) 877-2105 if you suffer from any abdominal pain, nausea, or vomiting during the test.

**Remember, NO smoking during the test.**

After ingesting the M2A 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.

Capsule lasts approximately 8 hours. 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.

During Capsule Endoscopy, you will need to verify every 30 minutes that the small light on top of the Data Recorder is blinking twice per second. If for some reason it stops blinking at this rate, record the time and contact Digestive Disease Clinic. You should also record time and nature of any events such as eating, drinking, your activity, and unusual sensations. Return the Event Form with these notes to Digestive Disease Clinic.

Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop throughout the Capsule Endoscopy.

Return to Digestive Disease Clinic at 4:00 pm the day of the procedure. The nurse will remove the equipment when the blue light turns to yellow or stops blinking. If you did not positively verify the excretion of the M2A Capsule from your body, and you develop unexplained post procedure nausea, abdominal pain, or vomiting, please contact Digestive Disease Clinic for evaluation and a possible abdominal x-ray.

Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity.

After you return the equipment (waist belt, data recorder, battery pack, and sensor array), Digestive Disease Clinic will process the information from the Data Recorder and will view a color video of the pictures taken with the capsule. After the doctor has looked at this video, you will be contacted with the results within 10 – 14 days after your Capsule Endoscopy. Please contact our office if you do not receive the results within 14 days.