

CAPSULE ENDOSCOPY PATIENT INSTRUCTIONS

As part of your medical management it has been recommended that you have a Capsule Endoscopy. This is an outpatient procedure that can be performed at GSSC. Capsule Endoscopy gives information that no other procedure can. It is designed to view the small intestine and is not reliable for viewing the oesophagus or stomach. You are required to go through a special diet, take some bowel cleansing liquid and then swallow a large pill-shaped video camera that passes through your digestive system taking pictures as it goes. Images are transmitted to an array of sensors (Sensor Array) which is fastened to your abdomen. The images are saved in the Data Recorder which you wear on a belt around your waist. You must return to the rooms 7–8 hours later to have the images transferred to a computer for analysis.

The capsule is excreted naturally in your bowel movements. In 0.75–5% of cases it may not be excreted and may require removal by an endoscope or operation. Most of the time failure to excrete the capsule is because of a disease process narrowing the intestine.

Preparation – General Instructions

Iron Tablets/Iron Injections

- Please note that iron tablets need to be stopped ten days before the procedure. You may continue with iron injections.

Diabetics (as a general guide, you may follow these instructions)

- **Tablets** DO NOT take your diabetic medication the night before and the day before your procedure. Take your tablets to the rooms with you.
- **Insulin** Take half your normal dose the night before. Check levels in the morning: if TOO LOW – drink apple juice; if TOO HIGH – take half your insulin. Take your insulin to the rooms with you. If you have any concerns, please discuss with your doctor.

Pico-Salax

- This is the preferred bowel preparation that you are required to take prior to your procedure. It is available for purchase from the Great Southern Specialist Centre. Refer to instructions below.

On the Day Before the Test

- Abstain from smoking 24 hours prior to undergoing capsule endoscopy.
- **In the morning** you can have normal breakfast (no rice).
- **After lunch** on the day before your capsule endoscopy examination, start the liquid diet. You may drink ONLY approved clear fluids such as water, apple or pear juice, lemon or lime jelly, black tea or coffee (no milk), Bonox, Lucozade, lemonade, clear fruit cordials, clear broth (NO red, blue or purple coloured drinks or jelly). You may suck barley sugar. You may take necessary medication with water. No solid food should be taken after lunch.
- **5pm** – Mix the first sachet of Pico-Salax with 150mls (2/3 cup) of water and drink it slowly but completely. This should be followed by a glass of water or approved clear fluids.

- **7pm** – Mix the second sachet of Pico-Salax with 150mls (2/3 cup) of water and drink it slowly but completely. Have at least 1 glass of approved clear fluid every hour until 10pm, then after this time fast. Medication may be taken at 10pm with a sip of water. Please note: the bowel preparation may give you diarrhoea.

On the Day of the Test

- **5am** – Mix the third sachet of Pico-Salax with 150mls (2/3 cup) of water and drink it slowly but completely. This should be followed by a glass of water then fast. No medication should be taken.
- Please wear loose fitting, two piece clothing – no belts, clothes with metal, metal buttons/metal zips or metal jewellery as this may affect the capsule endoscopy equipment.
- **8am** – Arrive at the rooms. Please bring your Medicare card and private health insurance and pensioner/health care card if applicable, along with a list of your medications and your reading glasses if needed.
- You will be seen by a Registered Nurse who will explain the capsule procedure. Please allow 30 minutes for the data recorder to be attached.

After swallowing the capsule

- No eating or drinking between 0800–1030.
- At 1030 you may drink fluids.
- At 1230 you may eat a light lunch and continue drinking fluids.
- You can return to your normal diet after the study is complete.
- You cannot have an MRI scan, CT scan or X-rays until the capsule is excreted. You should stay away from electromagnetic fields e.g. amateur radio. Mobile phones are OK.
- Do not disconnect the belt at any time, but you may loosen it to go to the toilet.
- Do not get the Data Recorder or Sensor Array wet. Do not expose it to direct sunlight. Treat it carefully as it is a small computer, essential to your examination.
- No strenuous physical activity, no swimming, showering, laying down or use of secateurs/sharp objects, and do not bend over or stoop during the study.
- Check the green light is flashing.
- You will need to return to the rooms at 4pm for the equipment to be removed.

After the Capsule Endoscopy Study

Try to verify excretion of the capsule. If you cannot verify excretion of the capsule you may need to have an abdominal X-ray to verify excretion.

If you develop abdominal pain, nausea or vomiting, call Great Southern Specialist Centre or present to the Emergency Department at the Albany Hospital (or the ED nearest to you).

Capsule Endoscopy is contraindicated in patients with bowel obstruction, pregnancy and in patients with a pacemaker or defibrillator.