

## CAPSULE ENDOSCOPY INSTRUCTIONS

You have been scheduled for a Capsule Endoscopy

<b>Location of Procedure: {capsule endoscopy location:18871}</b>	
<b>DATE: ***</b>	<b>Procedure Time: {time; capsule endo:16768}</b>

**Remember, the test will take up to 7 or 8 hours, but you will not be here the entire time. If you are unable to keep your scheduled appointment, please allow a 24 hour notice. If you cannot keep your appointment and do not cancel, there could be a \$75.00 no show charge to your account for a no-show.**

There may be times when we leave Personal Health Information on your answering machine. If you do not wish for us to do this, please call the office.

**Warning:** You cannot have this test if you have a HEART PACEMAKER OR OTHER IMPLANTED ELECTROMEDICAL DEVICES

### **PREPARATION TO BEGIN THE DAY PRIOR TO THE TEST**

1. You must follow a clear liquid diet starting at 12 noon the day prior to the test. A clear liquid diet consists of any clear fruit juices, **without pulp**, soft drinks, clear broth, (beef or chicken bouillon is fine), coffee, tea, Kool-Aid, Gatorade, Jell-O, gelatin, regular Popsicles, any type of hard candy, **but no soft centers or chocolate. Do not consume dairy products or liquids with RED, BLUE, OR PURPLE COLORING ADDED.**
2. NO smoking 24 hours prior to undergoing the test.
3. Mix Trilyte as directed and chill in the refrigerator. You may start the Trilyte between 4:00 pm and 6:00 pm. Drink the Trilyte every 10- 20 minutes over a period of 4-6 hours until finished, drinking 8 ounces each time until finished. If you get chills or feel bloated, slow down or drink some warm clear liquids.
4. Nothing to eat or drink after 10:00 pm.
5. Do not take any of the following medications the day of the procedure:
  - Iron
  - Antacids
  - Carafate
  - Narcotics or medications that will slow your bowels
6. You do not need to stop anticoagulation medications (Like Coumadin (Warfarin) or aspirin)
7. If you have diabetes, adjust medication per your individualized instructions.
8. Do not take any medication 2 hours before testing.
9. Male patients should shave their abdomen 6 inches (15 cm) above and below the navel on the day of the examination.
10. Wear loose fitting, two piece clothing.
11. Arrive at the prescribed time for your testing (listed at top of these instructions).
12. The sensor will be applied to your abdomen with adhesive pads and will be connected to the Data Recorder which you will wear in a belt around your waist. After that you will be instructed to ingest the Pill Cam Capsule.

## INGESTING THE CAPSULE

1. After ingesting the capsule, do not eat or drink for at least two hours. After 4 hours you may have a light lunch. After the examination is completed, you may return to your normal diet. The above instructions related to eating apply unless your physician specifies otherwise. Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during the Capsule Endoscopy.
2. After ingesting the Pill Cam and until it is excreted in your bowels, you should not be near any source of powerful electronic fields such as one created near an MRI device or amateur (Ham) radio.
3. The 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 movements and banging of the Data Recorder.
4. During the Capsule Endoscopy, you will need to verify every 15 minutes that the small light on the 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 your physician. You should also record the time and nature of any event such as eating, drinking, your activity and any unusual sensations. Return the event form with these notes to your physician at the time you return the equipment.
5. Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during the Capsule Endoscopy.
6. Once the capsule has been activated for the test, you will be billed even if you decide either not to do the test or you are unable to ingest the capsule.

## CLEAR LIQUID DIET

A liquid is "clear" if you can read something through it.

Example: When placing a glass with Apple Juice over a newspaper you are able to see the words, this is a clear liquid.

**Drink plenty of fluids all day. Water can get boring, so keep a variety of clear liquids on hand.**

*Clear liquids include any of the following:*

- Water
- White Cranberry, White Grape, Apple Juices (without any pulp)
- Honey
- Any powdered drink mix with water (Crystal Light, Kool-Aid, Etc. Except for No **RED, BLUE, OR PURPLE** )
- Any Soda (Except No **RED, BLUE, OR PURPLE**)
- Lemonade
- Sports Drinks (Except No **RED, BLUE, OR PURPLE**)
- Flavored gelatin/popsicles (No **RED, BLUE, OR PURPLE**)
- Broth/bouillon
- Coffee/tea with sugar (No Milk or Creamer)
- Gum
- Hard Candies (Do not chew)
- Special K Protein Water
- Although alcohol is a clear liquid, it can make you dehydrated. You should **NOT** drink alcohol during the preparation for your test.

**Sample Menus of Clear Liquid Diets** (These are only samples you do not have to use these)

**Menu #1**

**Breakfast:** Hot tea with lemon juice and 1 tsp sugar (no pulp); Apple juice (8 oz); Gelatin (1 cup)

**Lunch:** Hot tea with lemon (no pulp) and sugar; White Grape Juice (8 oz); Fruit Ice/popsicles (1 cup); Broth (8 oz)

**Snack:** Fruit juice (apple, white cranberry or white grape, 8 oz.); Gelatin (1 cup)

**Dinner:** Hot tea with lemon (no pulp) and sugar; Apple juice (8 oz); Broth (8 oz); Fruit ice/popsicles (1 cup)

**Menu #2**

**Breakfast:** 1 glass fruit juice; 1 cup coffee or tea (without dairy products); 1 cup broth; 1 bowl gelatin

**Snack:** 1 glass fruit juice; 1 bowl gelatin

**Lunch:** 1 glass fruit juice; 1 glass water; 1 cup broth; 1 bowl gelatin

**Dinner:** 1 cup juice or water; 1 cup broth; 1 bowl gelatin; 1 cup of coffee or tea (without dairy products)