

# Capsule Enteroscopy

## 7 DAYS before your capsule enteroscopy

### READ ALL PREPARATION INSTRUCTIONS

### PLEASE STOP TAKING • all iron or iron containing supplements.

(If you take a vitamin every day, check to see if it has iron.)

## 1 DAY before your capsule enteroscopy

### On the day before the examination

- You may have lunch, avoiding foods containing nuts, whole grains, skins or seeds. (low residue diet)
- After this meal you will be on **CLEAR FLUIDS ONLY**
- Clear liquids include water, clear soup, broth, Jelly, Gatorade, Sprite /Lemonade, and clear juices. Do not use any products with red, purple, or pink dye. (Cranberry juice is OK.)

**At 8pm, drink one glass containing 1 sachet of well mixed Picosalax.** If you feel nauseated, then stop drinking the Picosalax for ½ an hour and then recommence sipping it slowly.

## THE MORNING of capsule enteroscopy

**At 6-7AM** Have a glass of apple juice and/or 1-2 cups of tea or coffee without milk (just clear fluid).

**THEN FAST from 1 hour before your arrival time: you should NOT have any fluids until after swallowing capsule as instructed below.**

**Wear upper garment of thin, natural fibre** such as a T-shirt that is long enough to reach at least to hip level and will not ride up above the belt

You will be asked to swallow the camera capsule. It's about the size of a large vitamin pill.

You can generally go about your normal activities while the camera pill passes through your digestive tract.

**Avoid strenuous exercise or heavy lifting** after the procedure. You'll be able to do most normal activities after swallowing the capsule that contains the camera. But if you have an active job, ask your doctor whether you can go back to work on the day of your capsule enteroscopy.

Your body may expel the camera capsule within hours, or it may be expelled after several days. Each person's digestive system is different.

## DURING your capsule enteroscopy

**DO NOT** have an **MRI** exam - as this could lead to injury and the capsule endoscope could perforate the gastrointestinal tract during MRI.

**Be sure the sensor belt is tight at the waist.** Do not attach anything to it.

**DO NOT disconnect the equipment or completely remove the Capsule recorder** at any time during the procedure. **Treat the Capsule recorder carefully.** Avoid sudden movements and banging of the recorder.

**After swallowing capsule** Once you have swallowed the capsule you will be asked to drink 500mls of water and to remain in our waiting room for 15min. Once you leave our rooms, **continue to drink clear fluids for four (4) hours, drinking at least 1 glass every half an hour.** **Then after four (4) hours you may eat a light meal** ie. sandwiches' and then resume a normal diet.

**Return to the doctor's office at the scheduled time** to have the equipment removed. **Or:** If instructed to remove the equipment at the end of the capsule endoscopy procedure, do the following:

1. Remove the sensor belt and the Capsule recorder and keep in a safe place.
2. Return all the equipment to your doctor's office next working day. Handle the Capsule recorder and other equipment carefully without exposing them to shock, vibration or direct sunlight.

**Sometimes** you may be asked to have an abdominal x-ray performed to confirm the passage of the capsule.



### Further Instructions

**PLEASE CONTACT OUR ROOMS ON 02 99972164 if you have any questions.**

If it is outside business hours, please leave a message and we will contact you and your doctor on the morning of