

CAPSULE ENDOSCOPY PREPARATION:

FIVE DAYS BEFORE EXAM:

1. Discontinue Iron Supplements.

24 HOURS BEFORE EXAM:

1. No Carafate or Antacids 24 HOURS prior to examination.
2. No SMOKING for 24 HOURS prior to examination.

ONE DAY BEFORE EXAM:

1. Have a light breakfast (*example: 1-2 scrambled eggs with 1 slice of toast or a protein smoothie*).
2. **Diabetics – take ½ of your usual dose of diabetic medications today and check your blood sugar regularly. (Consult your doctor if needed.)**
3. 1 smoothie or protein drink, 12oz or smaller at 11:30am is optional.
4. Drink only clear liquids only starting at 12:00pm (Noon-Lunch Time). ***Clear liquids allowed; Gatorade or PowerAde, Water, Clear fruit juices, Clear sodas, Bouillon or Chicken broth, Plain Jell-O, Popsicles, plain black coffee, or tea. NO SOLID FOODS ALLOWED. NO MILK, CREAMER, OR DAIRY PRODUCTS, NO RED, PURPLE OR GREEN COLORS/DYES.***
5. Take **two (2)** Dulcolax Tablets at 12:00pm with clear fluids.
6. Take **one (1)** bottle of Magnesium Citrate 10 oz. (Clear Only – NO RED) at 4:00pm.

DAY OF THE EXAM:

1. Take any “Critical Meds” (Heart, Blood Pressure, Seizure, Etc.) at least two hours before the capsule ingestion, or two hours after you swallow the capsule.
2. Diabetics- Should take ½ your usual dose of diabetes medication on the day of the exam. (Consult your doctor if needed).
3. Wear loose comfortable two piece clothing and undergarments. No Lotions or powders are to be applied to the abdominal area the day of the exam. You will swallow the capsule and be fitted with a belt containing the recorder that you will wear throughout the day.
4. While wearing the recorder do not enter airports, no swimming –Do not get the equipment wet. Do not get near any other patient with the same recording equipment as yours.
5. You must return to the office at the schedule time listed below to have the sensors and recorder removed. **DO NOT ATTEMPT TO REMOVE THE EQUIPMENT YOURSELF**
6. You will be able to drink clear liquids two hours after swallowing the capsule. **NO SOLID FOODS ALLOWED. NO MILK, CREAMER, OR DAIRY PRODUCTS, NO RED, PURPLE OR GREEN COLORS/DYES.**
7. At 4 hours after capsule ingestion you are able to eat a light snack (1/2 sandwich, smoothie, or bowl of soup) but nothing more after that point.
8. **AVOID-MRI Machines during the procedure and until after the Capsule passes. If you have an MRI scheduled within the next 14 days it should be postponed, until the Capsule passes.**
9. **Check the blue flashing PillCam recorder every 15 minutes. If it stops blinking or changes color, note the time and contact our office immediately.**

YOUR PROCEDURE IS SCHEDULED ON:

DATE: _____ TIME: _____ BE HERE AT: _____
PLACE: 4790 Barkley Circle Bldg. A. Ft. Myers, Florida 33907

If you have any questions regarding the procedure, call our office at (239) 458-0822 x426.

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Capsule Endoscopy

Overview

- Ingestible capsule equipped with a video camera to visualize the small intestine
- Non-invasive alternative radiological procedures to help diagnose and evaluate disorders of the small intestine including suspected Crohn's disease, celiac disease, unexplained bleeding, intestinal cancer, NSAID related ulcer, etc.
- The only device able to visualize all 21 feet of the small intestine, previously visible only by surgery
- Procedure's accuracy is comparable to or better than traditional diagnostic and detection methods

How it Works

- PillCam SB transmits 2 images per second for eight hours to a recording device worn by the patient. This results in approximately 50,000 images of the small bowel
- Data is transferred from the recorder belt to the RAPID workstation and used to view, edit, and archive video images and clips

Procedure

- Patient fasts for 10 hours prior to the procedure
- PillCam SB Capsule Endoscopy begins when the patient ingests the smooth plastic capsule (the size of a large vitamin) with a glass of water
- Images and data are acquired as the PillCam SB passes through the digestive system
- This information is then transmitted via an array of sensors to the Data Recorder affixed to a belt worn around the patient's waist
- Total procedure takes approximately 8 hours
- Natural digestive contractions help propel the disposable PillCam SB through the gastrointestinal (GI) tract, and it is passed naturally and painlessly from the body, usually within 24 hours

After the Procedure

- The Capsule passes naturally in a bowel movement, typically in about 24 hours. Most likely, you will be unaware of its passage.
- You will be asked to look at your bowel movements. The Capsule does not need to be retrieved and can be safely flushed down the toilet. Occasionally, the capsule lights will still be flashing when it passes.
- In the absence of symptoms, should you be concerned that the capsule did not pass; an abdominal x-ray can be obtained after 14 days to confirm its passage.
- You will be required to contact our office and leave a message for the clinical staff once you have seen the Capsule pass, or if no Capsule has passed.

Acceptance

- FDA Clearance of PillCam SB – August, 2001; “Adjunctive” label removed July 2003
- Received CE Mark – May 2001
- ASGE Technology Statements on Capsule Endoscopy
- Over 500,000 capsules ingested worldwide
- AMA assigned CPT 91110 for reimbursement of PillCam Endoscopy, effective January 1, 2004

Risks

- Bowel Obstruction-Which may require immediate surgery.
- Less than 1% Retention of the capsule, and up to 4% Retention of the Capsule if suspected or known Crohn's Disease.
- May need to repeat the Capsule procedure due to the loss of images. The loss of images occurs due to variations in a patient's intestinal motility or signal interference with recording equipment.
- Avoid MRI machines during the procedure and until after the capsule passes. Due to the Capsule contains metal.

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