

CAPSULE ENDOSCOPY PREPARATION INSTRUCTIONS FOR PATIENTS: Pill Cam ® SB

CAPSULE ENDOSCOPY

What is Capsule Endoscopy?

The pillcam SB is about the size of a standard vitamin. It is easily swallowed and tolerated. It contains a miniature camera, light source and radio transmitters. The capsule has the ability to take approximately 50,000 pictures or approximately 2 pictures per second. You will wear a belt with equipment such as the data recorder that keeps the images, and is later downloaded to the computer system when you return to Dr Connelly's rooms.

Capsule endoscopy allows the physician to see the entire small bowel. The pill cam has a battery life of over 8 hours and is safely passed with a bowel motion 24-72 hours after ingesting.

Capsule Endoscopy is generally safe and well tolerated with a 60% chance of finding the cause of otherwise unexplained anemia.

The day before Capsule Endoscopy Procedure:

- On the **day before** the Capsule Endoscopy, **liquid diet only AFTER lunch (only drink clear fluids)**.
- Drink plenty of clear fluids **at least 12 - 15 large glasses** or more.
- **From midnight**, do not eat or drink, except for necessary medication with a sip of water.

The day of Capsule Endoscopy examination:

Do not take medication within 2 hours of Capsule Endoscopy examination. Wear loose clothing.

On the day of the procedure:

You will be asked to arrive in the morning for admission/ check in process.

You will have a small glass of water with infacol, followed immediately by a small glass of water to swallow the capsule.

You can leave straight after swallowing the capsule and will be asked to come back 6-8 hours later to have the equipment removed.

After swallowing the capsule

Check the blue light on the top of the Data Recorder at least every 30 minutes - if the light stops blinking or changes colour, note the time and call Dr Connelly's rooms immediately on 03 9372 0372.

You will wear the equipment for approximately 8 hours and will be told a time to arrive back at the rooms to have the equipment checked and removed. (There may be a possibility that you will have to go home with the equipment on and bring it back the next day, in the case that the capsule has not reached the large bowel.)

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You must wait 2 hours before you can drink clear liquids (water, apple juice), and 4 hours until you can eat a light meal and take your medications (unless otherwise advised after swallowing the capsule). Once the equipment is removed you can eat normally.

You will go about all of your normal routines for the day. Try not to touch the Data Recorder and **avoid getting the data recorder wet.**

Avoid going near MRI machines, radio transmitters, metal benches, seats, and flying. You may use a computer, radio, stereo, or mobile phone. Do not stand directly next to another patient undergoing Capsule Endoscopy.

Return to the rooms at the time indicated (6-8 hours after you swallowed the capsule) to have the equipment removed.

Please call Dr Connelly's rooms should you be concerned about anything.

The capsule passes naturally in a bowel movement, typically in about 24-72 hours. You will be unaware of this passing in most cases. It does not need to be retrieved and can safely be flushed down the toilet.

Until the capsule passes, further testing which includes any type of MRI should be avoided. If you have an MRI examination scheduled within the next 3 days, the MRI examination should be postponed.

Results are generally available within 1 week of the procedure and you will have a follow-up appointment with Dr Connelly regarding the results. A report will be sent to the referring doctor.

- **Note: If you do not drink the clear fluids you may have to have a repeat Capsule Endoscopy, with colonoscopy bowel prep the day before.**