

Capsule Enteroscopy Preparation

A Few Days Before Your Procedure:

- Purchase the following from the pharmacy:
 1. At least 2 over-the-counter tablets of bisacodyl 5mg.
 2. One Simethicone 80mg tablet.
 3. 1 Bottle of Magnesium Citrate

The Day Before Your Procedure:

To ensure that any and all abnormalities can be seen clearly during the procedure, the small bowels must be completely empty before your procedure. Any food or liquid retained in the bowels can reduce its effectiveness and decreases the diagnostic accuracy. To avoid this, please follow the preparation directions carefully

- Please **do not eat any solid food the day before your procedure**. Starting at 6:00 am, you are only allowed to drink clear liquids. This includes any liquids you can see through such as chicken, beef, or vegetable broth, tea, coffee, Gatorade, Popsicles (orange, yellow, green), Crystal Light, soda and Jell-O (orange, yellow, green), but no dairy products. Make sure to drink plenty of fluids all day to help avoid dehydration. **Please note:** Avoid red and purple liquids.
- If you are taking any scheduled medication for diabetes, please do not take them the day before the procedure. Monitor your blood sugars frequently. If your blood sugar is below 80 or above 200, please call our office at 301-838-4224 and inform the doctor.
- At 2:00 pm, take 2 tablets of bisacodyl with a glass of clear liquids.
- At 6:00 pm, drink one bottle of Magnesium Citrate.
- After midnight, do not eat or drink anything until after your procedure the next day.

The Day of Your Procedure:

- Do not have anything to eat or drink in the morning.
- If you need to take any medication, you may do so the morning of your procedure with a small sip of water. However, if you are able to, you can wait until after your procedure to take your medications.
- Twenty (20) minutes before your scheduled procedure time, take one Simethicone 80mg tablet orally

What is a Capsule Endoscopy:

A capsule endoscopy is a procedure that uses a tiny wireless camera to take pictures of your digestive tract. The camera sits inside a vitamin-sized capsule that you swallow. As the capsule travels through your digestive tract, the camera takes thousands of pictures that are transmitted to a recorder that you wear on a belt around your waist or over your shoulder.

A capsule endoscopy will allow the doctor to see inside your small intestine, which is an area that is not easily reached with a conventional endoscopy.

What Happens to the Capsule After the Procedure:

The capsule passes naturally in a bowel movement, typically in approximately 24 hours. Most likely, you will be unaware of its passage. It does not need to be retrieved and can safely be flushed down the toilet. Occasionally, the capsule lights will still be flashing when it passes. Should you be concerned that the capsule did not pass, in the absence of symptoms, an abdominal x-ray can be obtained after 3 days to confirm its passage.

Recovery:

The following is information about what to expect over the next two days following your procedure.

- **Pain:** Pain is uncommon following a capsule endoscopy. Should you have severe or persistent abdominal pain, or chest pain, a fever, or difficulty swallowing, please call our office at 301-838-4224
- **Nausea:** Nausea is uncommon, but should it occur, please notify the office.
- **Diet:** Two hours after you ingest the capsule, you may begin to drink clear liquids. Four hours after you ingest the capsule, you may eat a light meal. Your light meal should be no more than a small sandwich. Please call the office if you have any questions.
- **Medications:** Following the procedure, you may resume all medications. Please do not make up for doses you have missed.
- **Activities:** Following the procedure, you may resume normal activities, including exercise.
- **Further Testing:** 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.