

## INSTRUCTIONS FOR CAPSULE ENDOSCOPY

You are scheduled to have a capsule endoscopy on \_\_\_\_\_ at \_\_\_\_\_.  
(date) (time)

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 capsule endoscopy camera sits inside a vitamin-sized capsule that you swallow.

### How do I prepare for the procedure?

- Notify the nurse if you have a cardiac pacemaker, implanted cardiac defibrillator, or other implanted electronic device.
- Starting **7 days before** the examination: Do not take IRON.
- Your body hair (chest and/or stomach) may need to be shaved in order to securely adhere the antenna leads.
- Wear loose fitting clothing with a separate top and bottom so that the antenna lead cables can be connected to the recorder unit that is fitted to your waist.

### The day before the procedure:

- Starting at 10 AM, drink clear liquids only: water, soda, tea, black coffee, clear broth, bouillon, clear jello, apple juice, white grape juice, strained lemonade, or Gatorade. No solid food after 10 AM.
- **At 5 PM:** Drink a half gallon of Golytely (VA pharmacy will mail it to you). Then drink six glasses of water.
- Nothing by mouth after midnight.

### The day of the procedure:

- IF you are taking insulin, hold your insulin on the day of the procedure until after you are able to eat (4 hours after ingesting capsule). Check your blood sugar before leaving home.
- IF you are taking diabetic pills, hold them until after you are able to eat (4 hours after ingesting capsule). Check your blood sugar before leaving home.
- Take your medication (except as above) with sips of water.
- Report to Bldg. 100, 1<sup>st</sup> Floor, Clinic Area B, GI Endoscopy.

What happens during the procedure?

- The provider will ask you to swallow the capsule endoscope with a small cup of water. Do not bite the capsule endoscope.
- The capsule contains metal parts. While the capsule endoscope is in your body, stay away from the Radiology Department as there is equipment there that generates strong magnetic fields.
- Do not drink for two hours after ingesting the capsule. After two hours, you may consume clear liquids (as listed above).
- Do not eat for four hours after ingesting the capsule. After four hours, you may eat soft foods (macaroni & cheese, mashed potatoes, soup, yogurt).
- Do not wet the equipment with water (i.e. shower/bathe) or any other liquids.
- You can leave the VA during the procedure if you wish, but you must return by 4 pm that same day in order to return the harness and recorder.
- If you experience stomach pain or nausea after ingesting the capsule endoscope, immediately come back to the GI Unit or call the GI Unit at (650) 493-5000 x64800.

If you need to cancel or reschedule your appointment, please call (650) 493-5000 x64800.