

CAPSULE ENDOSCOPY INSTRUCTIONS

Read all instructions carefully at least one week prior to your procedure.

Your procedure is scheduled for:

Date: _____

Arrival Time: _____

Location: LMH Health, 330 Arkansas St
West entrance, check in at admissions

PRE-PROCEDURE PHONE CALL:

- ✓ A nurse from the Endoscopy Center will call you prior to your procedure to review your medical history (including medications and allergies). Please return calls to the Endoscopy nurse at 785-505-4866.
- ✓ If you have a Pacemaker or Internal Defibrillator please inform the staff prior to your scheduled appointment.

BUY THE FOLLOWING SUPPLIES:

- Four 5mg Dulcolax Laxative Tablets
- One 119 Gram bottle of Miralax or Glycolax (polyethylene glycol powder)
- One 80mg tablet of simethacone (gas-x, mylicon, or flatulex)

PRIOR TO CAPSULE ENDOSCOPY:

- ✓ Stop taking any iron supplements or multivitamin containing iron 5 days prior.
- ✓ If you take any medications for weight loss, **it is important** that you speak with a nurse about necessary adjustments to your medication regimen.

DAY BEFORE CAPSULE ENDOSCOPY:

- ✓ You may eat a light breakfast and/or a light lunch before 12:00 PM
- ✓ At 12:00 PM begin a clear liquid diet. No alcohol, solid or creamed/pureed foods.

Acceptable Clear Liquid Diet Options:

✓ water	✓ sports drinks	✓ Jello
✓ Black coffee(no cream/sugar)	✓ Clear soda (7UP, sprite, ginger ale)	✓ Broth (NO noodles)
✓ tea	✓ popsicles	✓ apple/white grape juice

- ✓ **At 6:00 PM:** Mix the entire 119g bottle of Miralax with 32 oz of water or clear liquid. Drink 32 oz within 4-6 hours.

If you become nauseated, pause for 30-60 minutes until the nausea improves, then resume drinking the mixture

TIP: Try mixing half your Miralax with water and the other half with a clear liquid you like to drink. Keep the mixture cold and try drinking it with a straw. Powdered drink mixes work well to add flavor without adding too much sugar. Avoid mixing with fruit juice, carbonated drinks or sugary beverages, which could cause nausea.

- ✓ **At 8:00 PM:** take the 4 Dulcolax laxative tablets **AND** take 1 80mg tablet of simethacone (Gas-x, Mylicon, or Flatulex).

- ✓ **DO NOT** eat or drink anything after 11:00 PM the night before your procedure (this includes candy or gum) except any necessary medications which may be taken with a small sip of water.

DAY OF CAPSULE ENDOSCOPY

- DO NOT take any medications for 2 hours prior to your arrival time.
- Wear a thin, 100% cotton upper garment, such as a t-shirt. The sensor belt is worn on the outside of your clothing around your waist.

AFTER SWALLOWING THE CAPSULE

- Notify your doctor's office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.

To ensure quality results, the patient **should not eat or drink until after the study is completed.**

- ✓ After the examination is completed, you may return to your normal diet.
- ✓ Be sure the sensor belt is tight at the waist. Do not attach anything to it.
- ✓ Check the blue flashing PillCam recorder every 15 minutes to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact your doctor.
- ✓ Avoid strong electromagnetic fields, such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement.
- ✓ Do **not** disconnect the equipment or completely remove the PillCam recorder at any time during the procedure.
- ✓ Treat the PillCam recorder carefully. Avoid sudden movements and banging of the recorder.

**If you have any questions or concerns during your exam contact the
Endoscopy Charge Nurse at 785-505-3479**

After Completing SB Capsule Endoscopy

- ✓ Return to the LMH Endoscopy Center at _____ p.m. to have the equipment removed.
- ✓ **!** *If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact your doctor for evaluation.*
- ✓ **!** *Undergoing an MRI while the PillCam capsule is inside your body may result in damage to your intestinal tract or abdominal cavity. If you are not certain the capsule is out of your body, contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.*