

# Video Capsule Endoscopy

## *Why Is Video Capsule Endoscopy Performed?*

Small bowel video capsule endoscopy is used most often to find bleeding in portions of the small intestine that are hard to reach with a conventional endoscope. It can also be used to help identify suspected Crohn's disease or other small bowel abnormalities.

## *What Is Capsule Endoscopy?*

The Video Capsule is a miniature video camera the size of a large vitamin pill, which is swallowed at the beginning of the procedure. The capsule will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to an array of antennas located in a belt placed around your waist, and saved into a walkman-like computer (the Data Recorder). After 8 hour the small computer will be taken off and the images will be transferred to another computer for analysis. Sometimes the capsule does not transverse the entire small bowel during that time and the examination is incomplete. The capsule is disposable and will be excreted naturally in your bowel movement. It does not dissolve: so in the rare case that it is not excreted naturally, it may need to be removed endoscopically or surgically. In order for the physician to get the most accurate information from this test, you will need to follow the directions listed below:

*If you have any of the following conditions, you may not be a candidate for this test. Please call us to discuss if you should have the test or not:*

- Patients with a cardiac pacemaker, implanted cardiac defibrillator or other implanted electronic devices
- Patients with known intestinal strictures, adhesions, diverticulum, obstruction or fistulas that may block the passage of the capsule
- Patients with significant difficulty in swallowing a tablet as large as capsule endoscope
- Patients with known swallowing disorders
- Patients who cannot undergo surgery to remove the capsule if retention of the capsule occurs
- Pregnant women
- Patients with known significant delay in passing through of the capsule endoscope in the gastrointestinal tract
- Patients with radiation enteritis

## *How Do I Prepare For Video Capsule Endoscopy?*

- ❖ Stop any iron tablets or vitamins containing iron **4 days** before your study.
- ❖ **ON THE DAY BEFORE OF THE PROCEDURE**
- ✓ Stay on **clear liquids** – do not eat any solid foods. Drink generous amounts of clear liquids throughout the day and evening to prevent dehydration. Clear liquids are pulp free fluids such as clear juices (apple, white grape), Gatorade, sports drinks, plain broth (chicken, beef, bouillon), Jell-O, popsicles, soda pop, black tea or coffee, and water. Avoid red or purple colored liquids.
- ✓ At 6 pm take **4 tablets of Dulcolax** and start drinking the **Golytely** 8 oz every 15 min until you finish the **2 liters (half gallon)** of the solution. At some point during or after drinking the preparation you will begin to have diarrhea. The timing of this varies from person to person. Using flushable baby wipes may make you more comfortable. If you become too full or develop nausea while drinking your preparation, stop for one hour then resume at a slower pace. Preparation should be consumed within 2-4 hours
- ✓ At 10 pm take **4 tablets of Simethicone** with two large glasses of water.
- ✓ **Do not eat or drink after midnight**

**ON THE DAY OF THE PROCEDURE:**

- ✓ **Do not take any medication the morning of the procedure.**
- ✓ Do not use body lotion or powder.
- ✓ Wear a loose fitting, two-piece outfit.
- ✓ You do not need a driver, as no sedation is required.
- ✓ A belt will be placed around your waist, with the Data Recorder attached to it. You will then be instructed to ingest the Capsule. You may feel the capsule as you swallow it. But once it has passed beyond your throat, you won't feel it as it moves through your body.

❖ **AFTER SWALLOWING THE CAPSULE:**

After swallowing the capsule you may go about your daily routine, following the guidelines described below:

- ✓ **Drink two large cups of water immediately after swallowing the capsule, then have nothing by mouth for the first 2 hours.**
- ✓ After 2 hours, you may begin drinking clear liquids.
- ✓ After 4 hours, you may have a light snack.
- ✓ After the examination is complete, you may return to your normal diet.
- ✓ You can drive and you may be able to go back to work, depending on your job.
- ✓ Contact our office immediately if you have any abdominal pain, nausea or vomiting anytime after ingesting the capsule.
- ✓ After ingesting the capsule and until it is excreted, you should not be near any source of powerful electromagnetic field such as one created near an MRI device or amateur (ham) radio. Occasionally, some images may be lost due to radio interference. On rare occasions, this may result in the need to repeat the procedure.
- ✓ **The test will last 8 hours. Do not remove the belt at any time during this period.**
- ✓ Every 15 minutes, you will need to verify that the small green /blue light on the top of the recorder is still blinking. If for some reason it stops, please record the time and contact the physician's office.
- ✓ The recording device is a small computer. Treat the equipment with the utmost care and protection. Avoid exposing it to shock, vibration, or direct sunlight, which may result in loss of information. **Do not cover the data recorder with clothing.**

**AFTER COMPLETING THE CAPSULE ENDOSCOPY:**

- ✓ At the end of 8 hours, return to the endoscopy department for removal of the Data recorder and Belt
- ✓ The capsule is disposable and will be excreted naturally in your bowel movement. You don't need to collect the camera capsule — it can be safely flushed down the toilet. Your body may expel the camera capsule within hours, or it may be expelled after several days. Each person's digestive system is different. If you don't see the capsule in the toilet within two weeks, contact your doctor. An X-ray may be done to see if the capsule is still in your body.
- ✓ Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the excretion of the video capsule from your body, you should contact your physician before undergoing an MRI examination.
- ✓ Final results of the endoscopy will be available in 2-3 weeks.

**IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR OFFICE AT 248-625-4055.**