



## CAPSULE ENDOSCOPY

Read these instructions at least a week before you come for your procedure.

### WHY DO I NEED THIS TEST?

To allow your doctor to see any source of bleeding in your small intestine as the camera capsule passes naturally through your digestive system.

### HOW DO I GET READY FOR THE TEST?

- Fill the plastic jug or colyte/golytely to the line with warm water on the morning before your exam. Shake it well. The solution may appear cloudy once mixed. Put it in the refrigerator for the rest of the day.
- Drink **only clear liquids for lunch and dinner the day before your exam.** (*Examples of clear liquids:* water, sodas, popsicles, plain jello, Gatorade, clear broth or bouillon, coffee or tea without milk or whitener, clear juices, popsicles, and Kool-Aid.)
- **Do not eat or drink for 12 hours prior to undergoing your Capsule Endoscopy.**
- Begin drinking the colyte/golytely at 6:00 pm the evening before your exam. Drink an 8 ounce glass every 10 minutes. You must drink 1/2 gallon in 3 hours for the prep to be effective. It may be poured over ice. Adding a few drops of lemon or vanilla extract may make it taste better. If you begin to feel sick to your stomach after beginning to drink the colyte/golytely, take a short break until the feeling passes.
- You may feel cold because you are drinking cold fluids rapidly.
- You will begin to have loose stools within 1-3 hours after beginning the colyte/golytely. Your bowel movements should be liquid and clear when you have finished the colyte/golytely.
- **Please arrive at the Digestive Health Center at 7:00 am** for your Capsule Endoscopy.
- Please limit the number of people you bring with you to our waiting room.
- **Bring a list of current medications and medication allergies with you.**
- Please wear a shirt/top with buttons.

### REGISTRATION

- When you arrive at the hospital walk through the main entrance and ask the hospital receptionist to direct you to the Digestive Health Center.
- Enter our waiting room and check-in at the reception desk.
- After check-in you will be called to register.
- After registration, you will be called to the procedure area.

### HOW DO I TAKE THIS TEST?

- A nurse will explain the test to you. Ask them any questions you may have.
- You will go through a pre-procedure interview. During this interview you should be informed that Capsule Endoscopy is associated with a small chance of intestinal obstruction. You will be asked to give your informed consent.
- Sensors will be applied to your abdomen with adhesive pads and will be connected to a data recorder which you will wear in a belt around your waist.
- You will be instructed to take the M2A® Capsule. The images are transmitted to the sensors from the capsule and stored in the recorder.

- After ingesting the M2A® Capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio. Occasionally, some images may be lost due to radio interference (e.g. from amateur radio transmitter, MRI, etc.) On rare occasions this may result in the need to repeat the capsule procedure. In such a case, the doctor will advise you to stay within the premises of the clinic for the duration of the capsule procedure to prevent this problem from recurring.
- The Capsule Endoscopy will last 8 hours.
- At the end of the 8 hours, you will need to return to the Digestive Health Center. The recorder, belt and sensors will be removed.
- M2A® Capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will have to be removed endoscopically or surgically.
- If you cannot positively verify the excretion of the M2A® Capsule from your body, and you develop unexplained post procedure abdominal pain, vomiting or other symptoms of obstruction, contact your physician for evaluation and possible abdominal X-ray examination.
- Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you cannot positively verify the excretion of the M2A® Capsule from your body, you should contact your physician for evaluation and possible abdominal x-ray before undergoing an MRI examination.

#### **WHAT HAPPENS AFTER THE EXAM?**

- After completion of the study, you may return to your normal diet and medications.
- Before you leave, you will be given discharge instructions. **Please contact the physician who ordered your procedure to obtain test results as it relates to your plan of care.**
- After you leave, if you have a severe abdominal pain, or nausea or vomiting please call us at **(434) 982-0221** or the hospital operator **(434) 924-0000** and ask for the GI doctor on-call. You may also go to your local emergency room.
- If you have questions about the test please call **(434) 924-9957**.
- If you need to cancel or reschedule the test please call **(434) 924-9999**.
- If you are out of the area, you may use 1-800-251-3627 and ask the operator to connect you to any of the above numbers.

The Digestive Health Center of Excellence is nationally recognized for diagnosis and treatment of gastrointestinal diseases. As our patient, you will receive the best possible care by caring physicians and health care professionals.