



Jordan & Associates

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Capsule Endoscopy Prep Instructions

The small intestine is a tube in the middle abdomen responsible for the bulk of food absorption. It is 15-20 feet long. Investigating this involves ingesting a small pill about the size of a vitamin. This Capsule will pass naturally through your digestive system while taking pictures of the intestine over an 8-hour period. The images are transmitted to a Recorder Belt that you will wear around your waist. This device will record the images that the capsule takes. You will be required to wear the Recorder Belt for 8 hours and you will return to the office and have the Recorder Belt removed by our staff. The 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 need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:

The Day before Capsule Endoscopy

1. Clear Liquid Diet: Clear liquids the entire day before the Capsule Endoscopy procedure. Do not eat any food. You may continue clear liquids until 10:00 pm that evening. Then nothing to eat or drink except for necessary medications with a sip of water. Clear liquids are: tea, coffee (no Cream), any type of soft drink (diet or regular), broth, or bouillon, Apple juice and Jell-o (No Red Orange, or Grape).
2. Diabetics: Take a half dose of your morning insulin, no evening dose and NO diabetic pills.
3. Smoking: Abstain from smoking 24 hours prior to undergoing Capsule Endoscopy.

The Day of Capsule Endoscopy

1. Do not take any medication 2 hours before having the exam.
2. Arrive at your physician's office at the prescribed time for your Capsule Endoscopy dressed in loose fitting, two-piece clothing.
3. Once you arrive, you will have 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 checked-in and asked to give your informed consent.

After Ingesting the Capsule

1. After ingesting the Capsule, do not eat or drink for at least 2 hours. After 4 hours you may have a light snack. After the examination is completed, you may return to your pre-test diet. Contact our office immediately if you suffer from any abdominal pain, nausea or vomiting during the Capsule Endoscopy.
2. After ingesting the 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.
3. 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 Endoscopy examination. In this case, the physician will advise you to stay within the premises of the clinic during the Capsule Endoscopy to prevent this problem from recurring.



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4. Capsule Endoscopy testing lasts approximately 8 hours. Do not disconnect the equipment or remove the belt at any time during this period. Since the Recorder Belt is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the Recorder Belt.
5. Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during Capsule Endoscopy.

After Completing Capsule Endoscopy

1. You will be instructed by your physician on how to return the equipment at the end of the Capsule Endoscopy test.
2. The Recorder Belt stores the images of your examination. Handle the Recorder Belt very carefully. Do not expose to shock, vibration or direct sunlight, which may result in loss of information.
3. If you did not positively verify the excretion of the Capsule from your body, and you develop unexplained post procedure nausea, abdominal pain or vomiting, contact our office for further evaluations and possible abdominal X-ray examination.
4. 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 Capsule from your body, you should contact our office to schedule an appointment and possible X-ray before undergoing an MRI examination.