

CAPSULE ENDOSCOPY PROCEDURE

Jay Monahan Center
for Gastrointestinal Health

DATE: _____

TIME: _____

LOCATION: Jay Monahan Center, 1315 York Avenue, New York, NY 10021

WHAT IS CAPSULE ENDOSCOPY?

A capsule endoscopy is a test that involves the swallowing of one disposable camera, about the size of a multivitamin pill, that takes images of the small intestine on its way down & out. The capsule itself contains the camera, light source, & battery. The capsule is swallowed, passed through the gastrointestinal tract, & excreted naturally. While in the body, the pill transmits pictures of the small intestine through a small sensor (taped to your abdomen), & into a small data recorder device (carried on your belt) where the information can be stored & viewed later by your doctor. Don't worry, we do not need the capsule back.

Your doctor may suggest an examination of the small intestine by capsule endoscopy if you have a condition such as:

- Gastrointestinal bleeding for which no cause or source can be identified;
- Crohn's disease;
- Chronic abdominal pain that is suspected of originating from the small intestine;
- A polyp syndrome of the small intestine; or
- An abnormal result on an imaging test of the small intestine.

If you are being considered for a capsule endoscopy, you need to **tell your doctor about all prescription & over-the-counter medications you are taking & any medical conditions** that you have had. Please be sure to tell your doctor if you have had a pacemaker or other medical device implanted, or have been diagnosed with a bowel obstruction or inflammatory bowel disease (Crohn's disease or colitis). You also need to tell your doctor if you have difficulty swallowing pills, or if you are or might be pregnant.

PREPARING: THE DAYS BEFORE YOUR PROCEDURE:

Once you & your doctor decide that a capsule endoscopy is right for you, you will need to begin preparing before your procedure:



- **Five days before your procedure**, you will need to stop taking any iron supplements.
- **The day before your procedure**, you will need to be on a clear liquid diet after a light breakfast (NO red liquids; see attached).
- **Starting at 5:00pm** on the day before your procedure, you will need to begin drinking the Miralax solution. Add the 238gm bottle of Miralax into 64oz (2 liters) of a clear liquid.

- Drink 8 ounces of the Miralax solution every 10-15 minutes, until the 2 liters are completed. You will need to complete the full 2 liters of the solution.
- You can continue **clear liquids until midnight**.
- You should have **nothing to eat or drink after midnight**.
- **On the day of your procedure**, please do not take any medications until after the procedure is completed. And, it would be helpful if you could wear loose-fitting clothing, with no one-piece garments, to your appointment.

SWALLOWING THE CAPSULE:

When you arrive for your appointment, a healthcare professional will tape a sensor to your abdomen & fasten a small data recorder to your belt. Using one glass of water, you will swallow the capsule.

After swallowing the capsule, you may leave the doctor's office & enjoy the day. You will need to follow these guidelines:

- Avoid rigorous exercise (such as running or jumping);
- Avoid being near an MRI, other imaging tests, or hand radios;
- Keep the sensor & data recorder devices fastened securely;
- After 2 hours, you may begin drinking clear liquids again;
- After 4 hours, you may have one light meal;
- Immediately report any unusual bloating, pain, vomiting, fever, trouble swallowing, chest pain, or other symptoms or changes to your doctor.



You will need to wear the equipment for 12 hours. During this time, the light on the data recorder should be blue. If this light should turn red (during 8-hr period), please call Michelle Bigg or Dr. Schnoll-Sussman at 212-746-4014, as the recorder may need to be adjusted. After 12 hours, you may remove the equipment.

You will need to return the equipment, in person, to the Monahan Center the next day

You may eat & drink normally after the equipment has been removed.
The results from your procedure should be ready within 14 days.

If you have questions please call **The Jay Monahan Center at 212-746-4014**