



Texas Digestive Care

Small Bowel Capsule Endoscopy Instructions

Your in-office capsule endoscopy is scheduled for: _____ at **9:30 am**.

Location: Texas Digestive Care, PLLC

2900 N Interstate 35, Suite 210

Denton, TX 76201

Return the equipment to our office by 10:00 am the next business day.

Follow up appointment with Dr. Arora is scheduled for _____ **at** _____

What is a capsule endoscopy study like and what can I expect?

The small bowel capsule endoscopy involves swallowing a small pill (the size of a large vitamin) which will pass naturally through your digestive system and will take thousands of pictures inside your intestine. On the day of the study, you will arrive at the office to be set up with a few items of equipment by the nurse, and then released to go about your day as usual while the study is being performed.

Once the study has been started, you will need to be up and moving for at least the first 2 to 3 hours to give us the best quality exam, so this is a good time to do some grocery shopping or a long, steady walk with a friend or a pet.

Wear loose fitting, comfortable clothing the day of the study to maximize comfort - the equipment is kind of like wearing a seatbelt all day with a small recorder monitor attached to the belt.

You MUST return the equipment to Texas Digestive Care, PLLC for processing the NEXT DAY - you do not have to bring or retrieve the capsule.

The capsule should come out naturally during a bowel movement. It is okay to flush the capsule down the toilet - again, you do NOT need to retrieve the capsule. The information from the study is stored in the recorder monitor and will be downloaded upon its return to our office. In the rare case that the capsule does not come out naturally, it will need to be removed endoscopically or surgically.

If you are concerned that the capsule has not passed 72 hours after taking it, please call to notify our office. We can order a simple X-ray to see if the capsule has been retained or not.

If the equipment is not returned by the next day by 10:00 am, you may be subject to a late fee of **\$50 per day until it is returned**. If the equipment has not been returned within 7 days, you may be responsible for the cost of the equipment, which can run you about \$2500.



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In order for us to get the best results, you will need to complete a short prep one day before the study, a partial clean out of the bowels, in order to enhance the visual quality of the exam. The prep is detailed below.

Purchase:

1. **One 10 oz. bottle of Magnesium Citrate** - You may purchase the flavor of your choice, but it must be CLEAR (no red, purple, or orange)
2. **One 1 oz bottle of infant's simethicone (Mylicon)- DYE FREE**
This is typically found in the baby section of the store. Please ensure what you purchase says 20mg simethicone and dye free. Here are some options:



THE DAY BEFORE THE CAPSULE ENDOSCOPY

NOON [12:00 PM]: Start a clear liquid diet.

CLEAR LIQUID DIET INCLUDES:

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated and non-carbonated soft drinks or sports drinks
- Chicken, vegetable and beef broth
- Popsicles or gelatin (such as Jell-O)
- Coffee or tea (without milk or cream)

5:00 PM: drink one 10 oz. bottle of **Magnesium Citrate.**

**** If you have kidney disease, (stage III or above) please do not take Magnesium Citrate and call to notify our office for an alternative.****

8:00 PM: drink 5mL of **Infant's simethicone.**

Beginning at MIDNIGHT tonight, you will need to be completely fasting until about 2 hours after ingesting the capsule. No food or drink, except for small sips of water, are allowed during this time.

Abstain from smoking 24 hours prior to this procedure.



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THE DAY OF THE CAPSULE ENDOSCOPY

***Take any necessary morning medications BEFORE 6:00 AM with small sips of water.** We want to ensure these are digested and dissolved before the capsule is swallowed.

8:00 AM: drink 5mL of Infant's simethicone.

9:30 AM: Arrive at 9:30am and check in at the front desk at Dr. Arora's office.

- Dress in loose fitting, two-piece clothing.
- Prior to ingesting the capsule, you will have a pre-procedure interview with the nurse. During this interview, we will obtain procedural consent, discuss risks/benefits and what to expect going forward.
- A follow up visit should also be scheduled during this time for about 2 weeks out so that you may go over these results with Dr. Arora.
- The SensorArray™ will be applied to your abdomen with adhesive pads and will be connected to the DataRecorder™ which you will wear in a belt around your waist. After that you will be instructed to ingest the capsule.

AFTER YOU INGEST THE CAPSULE

For the first 2 hours after swallowing the capsule, DO NOT EAT OR DRINK ANYTHING.

It is important to be up and moving around, as much as you can, for the first four hours to avoid the capsule being retained in the stomach.

Allow gravity to do its job and help move the capsule into your small intestine by being up and active. Avoid sitting or sedentary positions; definitely avoid laying down as this increases the chance of retention. However, no strenuous activity should be performed during this time.

11:00 AM: You may resume a clear liquid diet. Avoid red or purple dyes.

*If there are any medications that you need to take, you may take them at this time.

12:30 PM: You may have a light lunch, such as a sandwich, soup, salad, etc. Continue avoiding red foods or drinks.

4:30 PM: You may resume a normal diet.

10:00 PM: you may take the equipment off but leave everything connected.

Important things to remember for today:

- You should see a **blue flashing light** on the data recorder at least every hour.
**If no blue flashing light for 5 minutes or more, IMMEDIATELY call to notify our office.
We may need to do some troubleshooting to avoid having to repeat this procedure.
- Do not mess with the equipment or disconnect anything during the 12 hour period of the study. Doing so may compromise the study and will then need to be repeated.
 - Insurance may or may not cover or authorize a repeat study, so it is important to follow our instructions as written for before, during and after the study and to notify the office with any concerns/questions or as problems arise.
- Contact our office immediately if you experience any sudden onset of abdominal pain, nausea or vomiting.



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THE DAY AFTER INGESTING THE CAPSULE

10:00 AM: Please return the equipment (DataRecorder™ and SensorArray™ belt) to our office, or earlier if instructed, to avoid being charged a late fee.

MUST READ - Instructions for after exam has been completed:

No MRI for two weeks after ingesting the capsule. The PillCam™ is not MRI safe.

If you have any questions regarding the preparation, scheduling or details of this procedure, please do not hesitate to call our office at 940.323.3440.