

# Connecticut Gastroenterology Associates, P.C.

## Gastrointestinal and Liver Diseases

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## Capsule Endoscopy

(Done only at Saint Francis Hospital)

### Patient Instructions for Undergoing Capsule Endoscopy

Capsule Endoscopy involves ingesting a small capsule (the size of a large vitamin pill) which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the Sensor Array, which is placed on your abdomen. The Sensor Array is attached to a Walkman-like given Data Recorder which saves all the images. It is located in the Recorder Belt, which is worn around the waist. The M2A Capsule is disposable and will be excreted naturally in your bowel movement. In the rare cases that it will not be excreted naturally, it will be removed endoscopically or surgically.

In case of an emergency call Day Health at 860-714-5303

Any form of iron pill must be stopped 7 days prior to capsule endoscopy.

**\*\*There is a prior authorization process, some insurance companies take up to 2-3 weeks to review clinical records\*\***

### The Day before Capsule Endoscopy:

1. Have breakfast by 8am and a light lunch at 12 noon.
2. After lunch you are on clear liquids the rest of the day - Clear liquids include: Water, Strained fruit juices (no pulp) including apple, white Grape or white cranberry, Limeade or lemonade, Coffee or tea (do not use any Milk/cream, you may use sugar or lemon), Chicken/Beef broth, soda (sprite, 7-up, ginger-ale), Gatorade (yellow only), popsicles (no red/purple), Jell-O (no red/purple).
3. At 4pm take 1 bottle of Magnesium Citrate (purchased over the counter at the pharmacy)
4. Nothing to Eat or drink after 9pm, this includes water.
5. Do Not smoke within 24 hours of your appointment.
6. Male patients may need to shave abdomen if determined by your physician. If the sensor belt does not fit the leads will be used. If you are greater than 200lbs please shave your abdomen.

## **The Day of your Capsule Endoscopy:**

You will register at the Admitting Desk on the 2<sup>nd</sup> floor of the Hospital.

### Parking may be as follows:

Enter Collins Street Parking Garage from Woodland Street or Collins Street.

Park on any level and use the stairs to get to the second floor to enter the hospital area. Proceed across the walkway to the reception desk. At the desk you will be directed to admitting and the Endoscopy Day Hospital.

1. Morning medications are to be held until 1pm. Nothing by mouth before the Capsule.
2. After ingesting the Capsule, do not eat or drink for at least 2 hours.
3. At 11am you may start clear liquids (not red)
4. At 1pm a light lunch, small sandwich is ok. – After the examination is completed, you may return to a normal diet. Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during Capsule Endoscopy.
5. After ingesting the Capsule, until it is excreted you should not be near any powerful electromagnetic fields such as MRI Devices, etc.
6. Capsule Endoscopy lasts approximately 8 hours. Do not disconnect the equipment or remove the belt at any time during this period. The Data Recorder is actually a small computer; it should be treated with the utmost care and protection. Avoid sudden movement and banging of the Data Recorder.
7. During the Capsule Endoscopy you will need to check every 15 minutes that the small light on the top of the Data Recorder is blinking twice per second. If for some reason it stops blinking at this rate, record the time and contact Day Health. Avoid strenuous activity especially if it involves sweating. Do not bend or stoop during the Capsule Endoscopy. However walking is beneficial.

## **After complete the Capsule Endoscopy:**

1. You will return 8 hours later to have the Data Recorder removed; it will take approximately 10 minutes.
2. If you do not see the capsule in your stool, and you develop unexplained nausea, abdominal pain or vomiting contact your physician for a possible X-Ray exam.
3. 1.4% risk of retention to 5%
4. It takes 1 to 2 weeks for the capsule study to be read.

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

Return Time: \_\_\_\_\_