

Patient Instructions For Capsule Endoscopy

Your physician has determined that as part of your medical evaluation you should undergo an examination known as Capsule Endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) Mirocam Pillcam Capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the Data Belt which is placed on your abdomen. The Data Belt is attached to a walkman-like Mirocam DataRecorder which saves all the images. It is located in the Data Belt, which is worn around your waist. After 8 hours, you will be given a time to return with the equipment to your physician office for processing. The Mirocam 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

(Purchase at pharmacy in advance: 32 oz bottle of Gatorade (not red or purple) and 119 gms of Miralax, a 1 Dulcolax capsule)

1. Discontinue 5 Days prior to exam: iron supplements, vitamins, Mylanta, Tums, milk of magnesia, Pepto-Bismol.
2. The **entire day before** the Capsule Endoscopy examination, stay on the clear liquid diet your physician prescribed (see separate clear liquid diet sheet). At **5:00 pm** take 1 Dulcolax tablet then at **6:00 p.m.** drink 32 oz. bottle of Gatorade mixed with the 119 gms of Miralax. (Mix well to dissolve powder). **From 10 p.m.** the evening before Capsule Endoscopy, do not eat or drink except for necessary medication with a sip of water.
3. Do not take any medication beginning 2 hours before undergoing Capsule Endoscopy.
4. Abstain from smoking 24 hours prior to undergoing Capsule Endoscopy.

Day of Capsule Endoscopy

1. Arrive at your physician's office at your scheduled appointment time for your Capsule Endoscopy dressed in loose fitting, two-piece clothing, for example a jogging suit and tee shirt.
2. At your physician's office, 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.
3. The Data Belt will be applied to your abdomen. In rare instances it may be necessary to use Data cables with adhesive sensor pads that will be connected to the DataRecorder which you will wear in a belt around your waist. The Data cables that are attached to your abdomen and chest areas are similar to EKG leads. After that you will be instructed to ingest the Mirocam Capsule.

After Ingesting the Pillcam® Capsule

1. After ingesting the Mirocam Capsule, do not eat for at least 4 hours. You are encouraged to drink 8 oz water every 30-60 minutes. After 2 hours you may take any necessary medications with clear liquid. After 4 hours you may have a light snack although clear liquids are encouraged. After the examination is completed, you may return to your normal diet. The above instructions related to eating apply, unless your physician specifies otherwise. Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during Capsule Endoscopy. Should you feel chilled, you may wrap a blanket around your shoulders but not your abdominal area as the data recorder could overheat.
2. After ingesting the Mirocam 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.
4. Capsule Endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder.
5. During Capsule Endoscopy, you will need to verify that the small light on top of the DataRecorder is on. If, for some reason it stops, record the time and contact your physician.
6. Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during Capsule Endoscopy in order to prevent the leads from becoming loose.

After Completing Capsule Endoscopy

1. You will be instructed by your physician to return the equipment at the end of Capsule Endoscopy in **8 hours**.
2. The DataRecorder stores the images of your examination. Handle the DataRecorder and Data Belt carefully. Do not expose them to shock, vibration or direct sunlight, which may result in loss of information. Return all of the equipment to your physician's office as soon as possible.
3. If you did not positively verify the excretion of the Mirocam Capsule from your body, and you develop unexplained post procedure nausea, abdominal pain or vomiting, contact your physician for evaluation 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 Mirocam Capsule from your body, you should contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.

Capsule Endoscopy Event Form

Patient Name _____

ID no: _____

Time _____ Event (eating, drinking and unusual sensations)

___ : ___ Pillcam® Capsule Ingestion

___ : ___ Drink 8 oz of water every 30-60 minutes throughout the day.

___ : ___ Light Lunch, Sandwich, fruit, etc., with 8 oz liquid of choice

***** NOTHING TO EAT AFTER LUNCH. PLEASE CONTINUE TO DRINK CLEAR LIQUIDS*****

___ - ___ Time to return to facility

Who to call in case of need: _____ 412-838-0400

Special instructions: