

# Video Capsule Study

## *Why Is Video Capsule Endoscopy Performed?*

Small bowel video capsule endoscopy is used most often to find bleeding in portions of the small intestine that are hard to reach with a conventional endoscope. It can also be used to help identify suspected Crohn's disease or other small bowel abnormalities.

## *What Is Capsule Endoscopy?*

The Video Capsule is a miniature video camera the size of a large vitamin pill, which is swallowed at the beginning of the procedure. The capsule will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to an array of antennas located in a belt placed around your waist, and saved into a walkman-like computer (the Data Recorder). After 8 hour the small computer will be taken off and the images will be transferred to another computer for analysis. The capsule is disposable and will be excreted naturally in your bowel movement. It does not dissolve: so in the rare case that it is not excreted naturally, it may need to be removed endoscopically or surgically. In order for the physician to get the most accurate information from this test, you will need to follow the directions listed below:

## *How Do I Prepare For Video Capsule Endoscopy?*

- ❖ Stop any iron tablets or vitamins containing iron **4 days** before your study.
- ❖ **ON THE DAY BEFORE OF THE PROCEDURE**
  - ✓ Eat a regular breakfast, then adhere to a **clear liquid diet for the remainder of the day** – do not eat any solid foods. Drink generous amounts of clear liquids throughout the day and evening to prevent dehydration. Clear liquids are pulp free fluids such as clear juices (apple, white grape), Gatorade, sports drinks, plain broth (chicken, beef, bouillon), Jell-O, popsicles, soda pop, black tea or coffee, and water. **Avoid red, blue, orange or purple colored liquids.**

- ✓ At 6 pm start drinking the **Golytely** 8 oz every 15 min until you finish the **2 liters (half gallon)** of the solution.
- ✓ **Do not eat or drink after midnight**

#### **ON THE DAY OF THE PROCEDURE:**

- ✓ 6am take **4 tablets of Simethicone (Gas-X)** with a small amount of water  
**You may take any other morning medication at this time.**
- ✓ Wear a thin top as a belt will be placed around your waist, with the Data Recorder attached to it. You will then be instructed to ingest the Capsule. You may feel the capsule as you swallow it. But once it has passed beyond your throat, you won't feel it as it moves through your body.

#### **❖ AFTER SWALLOWING THE CAPSULE:**

After swallowing the capsule you may go about your daily routine, following the guidelines described below:

- ✓ **Drink two large cups of water immediately after swallowing the capsule, then have nothing by mouth for the first 2 hours.**
- ✓ After 2 hours, you may begin drinking clear liquids.
- ✓ After 4 hours, you may have a light snack.
- ✓ **The test will last 8 hours. Do not remove the belt at any time during this period.**
- ✓ If the light on the recorder turns **RED** please record the time and contact the physician's office.

#### **AFTER COMPLETING THE CAPSULE ENDOSCOPY:**

- ✓ At the end of 8 hours, return to the endoscopy department for removal of the Data recorder and Belt
- ✓ The capsule is disposable and will be excreted naturally in your bowel movement. You don't need to collect the camera capsule — it can be safely flushed down the toilet. Your body may expel the camera capsule within hours, or it may be expelled after several days. Each person's digestive system is different. If you don't see the capsule in the toilet within two weeks, contact your doctor. An X-ray may be done to see if the capsule is still in your body.
- ✓ 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 video capsule from your body, you should contact your physician before undergoing an MRI examination.

**IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR OFFICE AT 248-625-4055**