

Patient Instructions for Undergoing 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) Given Imaging M2A capsule, which will pass naturally through your digestive system while taking pictures of the intestines. The images are transmitted the SensorArray which is placed on your abdomen. The SensorArray is attached to a walkman-like Given DataRecorder which saves all the images. It is located in the RecorderBelt, which is worn around your waist. After 8 hours, you will need to return to your physician for processing of the information. The M2A 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:

Day Before Capsule Endoscopy

1. The day before the Capsule Endoscopy examination, start your clear liquid diet with breakfast. Clear liquids: water, clear fruit juices (no red or purple), soft drinks (no red or purple), strained soups and bouillon, Jell-O (no red or purple), popsicles (no red or purple), coffee, and tea. No cream, milk, and no solid foods.
2. After breakfast mix the preparation solution according to the instructions on the container and place it in the refrigerator.
3. At 2:00 PM begin drinking the laxative solution. You should drink 8 ounces every 10-15 minutes until you have consumed "one half" the solution. You may discard the rest. It is best to drink each glass rapidly rather than sip it. Drinking the solution with a straw maybe easier. If you develop vomiting during the preparation, temporarily stop for one hour, then resume. It may help to slow down the rate at which you drink the solution. If vomiting persists, stop the preparation and call our office or physician on call for instructions. Two hours after drinking the solution, you may resume your clear liquid diet.
4. From 10:00 p.m. the evening before Capsule Endoscopy, do not eat or drink except for necessary medications with a sip of water.
5. Do not take any medication beginning 2 hours before Capsule Endoscopy.
6. Abstain from smoking 24 hours prior to undergoing Capsule Endoscopy
7. Male Patients should shave their abdomens 6 inches (15 cm) above and below the navel on the day of the examination.

Day of Capsule Endoscopy

1. Arrive at your physicians office at the prescribed time for your Capsule Endoscopy dressed in loose fitting two piece clothing .
2. At your physician's office/ scheduled hospital 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 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 M2A Capsule.

After ingesting the M2A Capsule

1. After ingesting the M2A Capsule, do not eat or drink for at least 2 hours. After 4 hours you may have a light snack. 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.
2. After ingesting the M2A 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 every 15 minutes that the small light on top of the DataRecorder is blinking twice per second. If for some reason it stops blinking at this rate 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.
7. After ingesting the M2A 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 radio.
8. Occasionally, some images are lost due to radio interference, from amateur radio transmitter, MRI;etc. On rare occasions this may result in the need to repeat the Capsule Endoscopy examination.
9. 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 capsule from your body, you should contact your physician for evaluation and possible X-ray before undergoing an MRI examination.
10. If you do not positively verify the excretion of the capsule, and develop unexplained post procedure nausea, abdominal pain-or vomiting, contact your physician for evaluation and possible abdominal X-ray examination.