

CAPSULE ENDOSCOPY PREPARATION INSTRUCTIONS

Your doctor has determined that as part of your medical evaluation you should undergo a test known as Capsule Endoscopy. This procedure involves swallowing a capsule the size of a large vitamin pill. The capsule will pass naturally through your digestive system while taking pictures of the small intestine. The images are transmitted to a sensor array, which is placed on your abdomen. These sensors are attached to the walkman-like computer (the DataRecorder) that is worn around your waist and will save the images. After 8 hours the small computer will be removed and the images will be transferred to another computer for analysis. The M2A 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 be excreted naturally, it will have to be removed endoscopically (by using a scope) 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:

1. **After breakfast on the day before** the Capsule Endoscopy examination, **consume only clear liquids** such as Jell-O, Popsicle's, soda, apple juice, and broth. Avoid red or purple colored liquids.
2. **After 7:00 PM, have nothing to eat or drink.** You may take your medications with a sip of water.
3. Do not take any medications after 6:00 AM the morning of the exam. If you are a diabetic, you will be giving special written instructions. Check your blood sugar at 6:00 AM. **Stop iron 3 days before your procedure.** Stop Carafate or antacids 1 day prior to procedure.
4. Male patients who are very hairy should shave their abdomen 6 inches above the navel and 4 inches below the navel (just above the pubic area).
5. Please arrive by 8:00 AM in our Goodyear Office. If you need to reschedule for any reason, please call (623) 935 4056.
6. Prior to the procedure you will go through a pre-procedure interview. You will be checked-in and asked to give your informed consent.
7. Small "EKG-like pads" will be attached to your abdomen with adhesive and connected to the DataRecorder, which you will wear in a belt around your waist. After that you will be instructed to ingest the capsule along with several glasses of water.
8. After ingesting the capsule, do not eat or drink for at least 2 hours. At 10:00, you may take your medications if you need them. After four hours (noon), you may have liquids and/or a light snack, depending on your health history.
9. The Capsule Endoscopy will last 6 to 8 hours. During the Capsule Endoscopy try to avoid any strenuous physical activity. Do not bend or stoop during the Capsule Endoscopy. In addition, you should not remove the belt at any time during this period. Since the DataRecorder is actually a small computer, it should be treated with care and protection. Avoid sudden movements and banging of the data recorder. .
10. **Wear loose, comfortable two-piece clothing.** You will have cords coming out from the bottom of your shirt. Do not wear dresses, pantyhose or anything restricting around your waist. Avoid belts.
11. You do not have to stay in our office. We encourage you to walk. You may leave after the capsule ingestion and return at 4:00 PM.
12. You may resume your normal diet after 4:00 PM.