Capsule Endoscopy
Patient Instructions

Your physician has determined that as a part of your medical evaluation, you should undergo an examination known as Capsule Endoscopy. This procedure involves swallowing a large vitamin-sized capsule. The capsule will pass naturally through your digestive system while taking pictures of your small intestine. The images are transmitted to a Sensor Array, which is a belt placed on your abdomen over a thin layer of clothing. The Sensor Array is attached to a data recorder, which saves all of the images.

After 8 hours, you will return to the Endoscopy Department at Beverly Hospital, where the data recorder and belt will be remoted. The data is downloaded onto a computer. A gastroenterologist will read the study and be in touch with you regarding the results usually within the week.

The capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it is not excreted naturally, it will need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from the examination, you will need to follow the instructions below:

One day prior to Capsule Endoscopy:

1. Complete your lunch before 2:00 p.m. Do not eat any solid food after your lunch. The next solid food you may have will be at lunchtime on the day of your test.
2. You may have a Clear Liquid Diet from 2:00 p.m. until 7:00 p.m. (water, tea, coffee without milk, ginger-ale, apple juice, broth, jello or popsicles). NO RED, GREEN or PURPLE liquids.
3. Finish clear liquids by 7:00 p.m. You may take necessary medications with a sip of water after 7:00 p.m.

The day of the Capsule Endoscopy:

1. Do not take any medications within 2 hours of having the Capsule Endoscopy. Your usual morning medications may be taken at home at around 10:00 a.m. with some clear liquids.
2. Arrive at Beverly Hospital Endoscopy Department at 7:30 a.m. on ***. Dress in loose-fitting, two-piece clothing.
3. You will have a pre-procedure interview. During this interview, you will be informed that a Capsule Endoscopy is associated with a small chance of intestinal obstruction. You will be registered and asked to give your informed consent.

AFTER INGESTING THE CAPSULE:

1. After ingesting the 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. Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during the Capsule Endoscopy.
2. After ingesting the Capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields, such as being near an MRI device or amateur (ham) radio.

3. Occasionally, some images may be lost due to radio interference. 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 unit during the Capsule Endoscopy to prevent this problem from recurring.

4. The 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 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.

5. During the procedure, you will need to verify every 15 minutes that the small light on the Data Recorder is blinking twice per second. If for some reason it stops blinking at this rate, record the time and contact the Endoscopy Department at (978) 816-2888.

6. Avoid any strenuous physical activity, especially if it involves sweating and do not bend over or stoop during the Capsule Endoscopy.

AFTER COMPLETION OF THE CAPSULE ENDOSCOPY:

1. You will be instructed by the Endoscopy Nurse on when to return to the Endoscopy Department at the end of the Capsule Endoscopy (usually around 4:00 p.m.)

2. If you did not positively verify the excretion of the 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. Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity.

PLEASE CONTACT NORTH SHORE GI AT (978) 232-1120, EXT. *** WITH ANY CONCERNS.