

Patient Instructions for Undergoing Capsule Endoscopy



M2A® Capsule

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 intestine. The images are transmitted to 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. At 3:30 p.m you will return to Ridgeline Endoscopy Center where the equipment will be removed. An appointment with your physician will be scheduled in approximately ten days to review the test results. The M2A Capsule is disposable and will be excreted naturally in your bowel movement. If you have concerns that the capsule was not excreted, contact your physician to be scheduled for an X-ray of the abdomen. 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:



SensorArray™
applied on the
abdomen

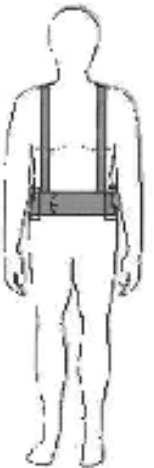
PATIENT PREPARATION

5-7 Days before Capsule Endoscopy

1. Iron, antacids and carafate can coat the small intestine. Hold these medications for seven days prior to Given procedure.
2. Do not use any narcotics or medications that may slow intestinal motility.
3. Do not stop anticoagulation medications.
4. Diabetics adjust personal medications.

The Day before Capsule Endoscopy

1. The day before the Capsule Endoscopy **CLEAR LIQUIDS ONLY** (no solid food, nothing red or purple colored) until 10:00 pm. Then nothing to eat or drink after 10:00 pm.
2. All medication must be taken prior to 10:00 p.m. the night before with only sips of water.
3. Abstain from smoking 24 hours prior to undergoing Capsule Endoscopy.
4. Male patients should shave their abdomen 6 inches (15 centimeters) above and below the navel on the day of the examination.
5. Do not use lotion on the abdomen.



DataRecorder™
worn on a belt

Day of Capsule Endoscopy

1. No medications are to be taken prior or during the test.
2. Arrive at Ridgeline Endoscopy Center at 7:00 a.m. for your Capsule Endoscopy dressed in loose fitting, two-piece clothing.
3. When you check-in you will be informed that Capsule Endoscopy is associated with a small chance of intestinal obstruction. You will be asked to give your informed consent.
4. 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 drink for at least 4 hours. You may have clear liquids that are not red or purple and are not carbonated. 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 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.
4. Capsule Endoscopy lasts approximately 8 hours. 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 blue 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 Ridgeline Endoscopy. You should also record the time and nature of any event such as drinking, your activity and unusual sensations. Return the Event Form with these notes at the time you return the equipment.
6. Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during Capsule Endoscopy.

After Completing Capsule Endoscopy

1. You will be instructed to return to Ridgeline Endoscopy Center at 3:30 p.m. The equipment will be removed.
2. If you did not positively verify the excretion of the M2A 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.
3. At your follow-up appointment if you have not positively verified the excretion of the M2A Capsule from your body please inform your health care provider. At that time you may be scheduled for an abdominal X-ray to determine its location. Please remember that undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity.