

CAPSULE ENDOSCOPY (GIVEN) PATIENT PREPARATION INSTRUCTIONS

Your physician has determined that as part of your medical evaluation you should undergo an examination know as Capsule Endoscopy. This procedure involves ingesting a small Given Imaging M2A Capsule (the size of a large vitamin pill) that will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to a belt which you will wear around your abdomen. The belt is attached to the Given DataRecorder TM which saves all the images. The DataRecorder is located in a pouch which you will wear over your shoulder. The M2A capsule is disposable and will be excreted naturally in your bowel movement.

In order for your physician to be able to visualize the small bowel and get the most accurate information from this examination, you will need to follow the instructions below exactly.

5-7 Days before Capsule Endoscopy

- Iron, antacids and Carafate can coat the small intestine. Do not take these medications for seven days prior to Capsule Endoscopy.
- Do not use any narcotics or medications that may slow intestinal motility.
- Do not stop anticoagulation therapy medications.
- Diabetics should plan to adjust diabetic medication.
- Pick up the prescribed antibiotic.

The day before Capsule Endoscopy:

- **CLEAR LIQUIDS ONLY THE ENTIRE DAY.** This would include: water, tea, carbonated beverages, clear juices without pulp, broths, jello, sugar and honey to add to tea, chewing gum and hard, clear candy. **NOTHING RED, ORANGE OR PURPLE IN COLOR.**
- **NO SOLID FOODS.**
- Abstain from smoking 224 hours prior to undergoing Capsule.
- Fill prescription for Erythromycin or Reglan (whichever you were prescribed depending on any medication allergies you might have.)
- Divide an 8.3 oz. bottle of Miralax (generic is ok) into two equal portions. Mix one portion of Miralax in 20 oz. of clear liquid and drink by 7:00 pm. Drink as much clear liquids as possible following the Miralax.

The day of the procedure:

- At 6:30 am drink the other half of the Miralax mixed with 20 oz. Of clear liquid followed by as much clear liquid as possible.
- At 6:30 am take Erythromycin or Reglan (whichever you were prescribed)
- **DO NOT take any other medications.**
- You need to wear an upper garment of thin, natural fiber cloth that is long enough to reach at least to hip level and will not ride up above the belt. **The SensorBelt must not be worn over synthetic fabric (polyester, nylon).**

- You need to wear pants that has an elastic waistband. The garment must not have zippers (so no Levi's/Jeans).
- Arrive at Utah Digestive Health Institute (6028 S. Ridgeline Dr. #201 Ogden,UT) at 8:30 am for your Capsule Endoscopy.
- Before your procedure can be started, you will be informed that a Capsule Endoscopy is associated with a small chance of intestinal obstruction. You will be asked to give your informed consent and sign an equipment use form.

After Ingesting the M2A Capsule:

- Drink as much clear liquid as possible, **but nothing carbonated or with red, orange or purple color.**
- You may eat a **LIGHT** snack at 2:30 pm and 4:30 pm. This could include **one of the following**: a cup of soup, shake, ice cream, mashed potatoes, rice, toast, egg or ½ sandwich. Return to a normal diet after the equipment is removed (between 5:00-5:30 pm)
- Remove the belt between 5:00-5:30 pm. Leave the equipment hooked together.
- Contact Utah Digestive Health Inst. at 801-475-5400 if you experience any abdominal pain, nausea or vomiting during Capsule Endoscopy.
- Capsule Endoscopy last approximately 8 hours. Do not disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder TM is actually a small computer, it should be treated with the utmost care and protection. Avoid sudden movement and banging of the DataRecorder TM.
- During Capsule Endoscopy you will need to verify every 15 minutes that the small blue light on top of the DataRecorder TM is blinking twice per second. If for some reason it stops blinking at this rate, record the time and contact Utah Digestive Health Inst. 801-475-5400. If it is after our regular business hours, disconnect the equipment and bring in the next morning to our office. (6028 S. Ridgeline Dr. #201 Ogden, UT)
- Avoid any strenuous activity and do not bend over or stoop during Capsule Endoscopy.
- 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.

After Completing Capsule Endocopy

- The equipment must be returned the following morning before noon. (Utah Digestive Health Inst. opens at 8:30 am)
- Watch for the capsule in the toilet but it is not necessary to retrieve the capsule. If you do not see the capsule, make sure you let the office know at our follow-up appointment.
- **If you are not sure that the capsule has passed out of your body and you develop unexplained abdominal pain, nausea or vomiting, contact your physician for evaluation and possible abdominal X-ray examination.**
- **Do not undergo an MRI until you have positively verified excretion of the M2A Capsule. MRI may result in serious damage to your intestinal tract or abdominal cavity.**
- You will be called and scheduled for a follow-up appointment after your Capsule Endoscopy test has been read by your physician.