



Preparation - Capsule Endoscopy

General Instructions:

ON THE DAY BEFORE THE TEST:

Abstain from smoking 24 hours prior to undergoing capsule endoscopy.

After lunch on the day before your capsule endoscopy examination, start the liquid diet your specialist has prescribed. No solid food should be taken after lunch.

From 10pm the evening before capsule endoscopy, do not eat or drink except for necessary medication with a sip of water.

ON THE DAY OF THE TEST:

Please bring your Medicare card, and private health insurance and pensioner/health care card if applicable, along with a list of your medications and your reading glasses if needed.

Please wear loose fitting, two piece clothing and do not bring valuables with you.

What Will Occur During The Capsule Endoscopy?

There will be a pre-procedure interview at your physician's office. You will be checked-in and asked to give your informed consent.

The sensor belt will be applied to your abdomen and connected to the data recorder that you'll wear in a shoulder strap bag.

You will then be instructed to ingest the PillCam capsule.

What Happens After The Capsule Endoscopy?

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

Every 15 minutes during capsule endoscopy, you will need to verify that the small light on top of the data recorder is blinking twice per second. If for some reason it stops blinking at this rate, record the time and contact your specialist.

Record the time and nature of any event such as eating, drinking, your activity and any unusual sensations.

Do not take any medication within 2 hours of undergoing capsule endoscopy.

Do not eat or drink for at least 2 hours after undergoing capsule endoscopy. After 4 hours, you may have a light snack. Only when the full examination has been completed may you return to your normal diet.

Capsule Endoscopy equipment is highly sensitive, and should be treated utmost care and protection. Avoid sudden movements, banging the data recorder, strenuous physical activity, bending over or stooping during treatment..

To avoid images being lost due to radio interference, do not go near any source of powerful electromagnetic fields such as an MRI device or amateur (ham) radio until the PillCam is excreted.

Occasionally, insufficient images may result in the need to repeat the procedure. In this case, the specialist will advise you to stay within the premises of the clinic during the capsule endoscopy to prevent the problem from reoccurring.

Return the event form and patient instruction notes to your specialist when giving back the equipment.

Safety and Risks

Capsule endoscopy is usually safe and complications are very rare when a specialist gastroenterologist performs the test. However, the procedure is associated with a small chance of intestinal obstruction. Contact your specialist immediately if you suffer any abdominal pain, nausea or vomiting during capsule endoscopy.

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