



4100 Park Forest Drive, Suite 208, Traverse City, MI 49684  
Telephone (231) 935-5710 Fax (231) 935-9045

**\*Please bring this instructional packet to your procedure.**

## **CAPSULE ENDOSCOPY INSTRUCTIONS**

Your Capsule Endoscopy is scheduled for: \_\_\_\_\_

Please arrive at our office by: \_\_\_\_\_

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 around your abdomen. The SensorArray™ is attached to a walkman-like Given® DataRecorder™ which saves all the images. Please be careful not to pull on any wires. After 12 hours, you may remove the equipment at the designated time. Then you will need to bring all of the equipment to the office the following morning. The M2A® Capsule is disposable and will be excreted naturally, in your bowel movement. 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.

### **Five days before Capsule Endoscopy**

1. Discontinue your oral iron supplement if you take one.

### **The day before Capsule Endoscopy**

1. After lunch on the day before your examination, start a clear liquid diet. You will need to purchase one bottle of Miralax which is over the counter, and one 32oz container of clear or lemon-lime Gatorade. At 4:00pm add 4 capfuls of Miralax to the Gatorade, and drink within one hour.
2. From 10 p.m. the evening before Capsule Endoscopy do not eat or drink anything. You may take necessary medication the morning of the procedure with a small sip of water.
3. Do not take any medication beginning 2 hours before undergoing Capsule Endoscopy.
4. Abstain from smoking 24 hours prior to undergoing Capsule Endoscopy.

### **The day of Capsule Endoscopy**

1. Arrive at your physician's office at the prescribed time for your Capsule Endoscopy dressed in loose fitting, two-piece clothing.
2. At your physician's office you will have a pre-procedure interview. During the interview you should be informed that Capsule Endoscopy is associated with a small chance of intestinal obstruction. You will be checked-in and asked to give your informed consent.
3. The SensorArray™ will be applied to your abdomen 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 eat or drink for at least 2 hours. After 4 hours you may have a light snack. Then, after 5:00, you may have another light meal. 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 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. In this case, the physician will advise you to stay within the premises of the clinic during the test to prevent this problem from recurring.
4. Capsule Endoscopy lasts approximately 12 hours and it 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 DataRecorder™ is actually a small computer; it should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder™ or pulling on the wires.
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 the office at, (231) 935-5710. You should also record the time and nature of any event such as eating, drinking, your activity and unusual sensations. Return the Event Form with these notes to your physician 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.
7. You may take off the equipment at the designated time. Please be careful to not pull on the wires. Place the equipment somewhere safe, and return the equipment to the office the following morning for processing.

### **After completing Capsule Endoscopy**

1. 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.
2. Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the excretion of the M2A® Capsule from your body, you should contact your physician for evaluation and possible X-ray before undergoing an MRI examination.

# CAPSULE CLEAR LIQUID DIET

This diet includes low residue fluids that are easily absorbed with minimal digestive activity. This diet does not contain all essential nutrients and is recommended if clear liquids are temporarily needed. **No RED or PURPLE liquids** should be consumed.

This a list of food/liquids allowed. Please **choose only** items from this list.

water  
flavored water  
decaffeinated tea  
carbonated beverages, such as Sprite, 7up, ginger ale (**avoid red, purple or dark sodas**)  
fruit flavored drinks (**no red or purple colors**)  
weak coffee  
strained fruit juices (**no red or purple colors**)  
apple juice  
white grape juice  
powdered lemonade  
white cranberry juice  
clear broth (chicken or beef)  
bouillon cubes  
Jello (**no red or purple colors**)  
popsicles (**no red or purple colors**)  
sugar  
honey  
syrup  
clear hard candy (**no red or purple colors**)



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### **Wireless Capsule Endoscopy Consent Form**

Wireless capsule endoscopy is an endoscopic exam of the small intestine. It is not intended to examine the esophagus, stomach, or colon. It does not replace endoscopy or colonoscopy.

I understand there are risks associated with any endoscopic examination, such as BOWEL OBSTRUCTION. An obstruction may require immediate surgery.

I am aware that I should avoid MRI machines during the procedure and until the capsule passes following the exam.

I understand that due to variations in a patient's intestinal motility, the capsule may only image part of the esophagus. It is also possible that due to interference, some images may be lost and this may result in the need to repeat the capsule procedure.

I understand that images and data obtained from my capsule endoscopy may be used, under complete confidentiality, for educational purposes in future medical studies.

The procedure and its risks have been explained to me, along with alternatives of diagnosis and treatment. I have been allowed to ask questions concerning the planned examination.

I understand that I am responsible for returning the equipment on       , undamaged and in working condition. If the unit is lost or damaged or not returned in the specified time period, I will be responsible for the replacement cost. I am also aware that this cost may not be covered by my third party payer or insurance company.

I authorize the doctor from Digestive Health Associates of Northern Michigan, P.C. to perform the wireless capsule endoscopy.

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Patient Signature

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Today's Date

