Instructions for Video Capsule Endoscopy

Please read these instructions carefully at least 7 days before your exam.

What happens during this exam?

You are having an exam that allows us to see inside your small intestines. First, you will swallow a pill-size video camera. It will take pictures of your small intestine over the next 12 hours. The pictures will be sent to a recorder you wear on a belt. You will complete the test at home and return the belt and recorder the next day.

It is up to you to closely follow these instructions to clean out your intestines. If you do not, you may need to repeat the exam.

Getting ready

☐ A nurse will call before your exam. At this time, we'll discuss any prescriptions you might need to pick up. If it's the day before your exam and you haven't received a call, please call your clinic.

☐ Check your insurance to be sure the exam is covered.

☐ If you have advanced kidney disease, are on dialysis, or have a pacemaker, AICD or other implantable device: please call the endoscopy center. We may need to change how you get ready for this exam.

Important: You must complete all of the steps before the exam.

7 days before your exam

- Go to the drugstore and buy:
  - one 8.3-ounce bottle of MiraLax
  - one 10-ounce bottle of magnesium citrate
  - one 64-ounce bottle of Gatorade (not powdered and not red or purple)
  - two Dulcolax tablets (bisacodyl)

1 day before your exam

- Begin a clear liquid diet (see page 2). Drink at least 8 to 10 glasses of clear liquids (not red or purple) during the day and evening.

- At 12 p.m. noon take 2 Dulcolax tablets.

- At 3 p.m. mix the bottle of Miralax and 64 ounces of Gatorade in a pitcher. Drink one 8-ounce glass every 15 minutes until gone. Stay near a toilet when using this medicine. You will have diarrhea and may have mild cramping or bloating.

Day of your exam

- 4 to 6 hours before your test: Drink the bottle of magnesium citrate. As soon as you finish the bottle, drink one full glass of water.

- You may have only clear liquids until 2 hours before the exam.

- If you must take medicine, you may take it with sips of water.
• If you have asthma: bring your inhaler with you.

• Dress in a loose, two-piece outfit. The sensor belt will be in place over your clothes for 12 hours. Keep the belt on and the recorder connected during this time.

• You may drive yourself home.

What are clear liquids?

**You may have:**
- Water, tea, coffee (no cream)
- Soda pop, Gatorade (not red or purple)
- Clear nutrition drinks (Enlive, Resource Breeze)
- Jell-O, Popsicles (no milk or fruit pieces) or sorbet (not red or purple)
- Fat-free soup broth or bouillon
- Plain hard cand, such as clear life savers (not red or purple)
- Clear juices and fruit-flavored drinks such as apple juice, white grape juice, Hi-C and Kool-Aid (not red or purple)

**Do not have:**
- Milk or milk products such as ice cream, malts or shakes
- Red or purple drinks of any kind such as cranberry juice or grape juice. Avoid red or purple Jell-O, Popsicles, Kool-Aid, sorbet and candy
- Juices with pulp such as orange, grapefruit, pineapple or tomato juice
- Cream soups of any kind
- Alcohol

**Your video capsule endoscopy**

**What to do during your test:**
- After you swallow the pill camera, do not eat or drink for at least 2 hours.
- After 2 hours, you may have clear liquids and take medicines.
- After 4 hours, you may have a light snack.
- When the exam is done (12 hours after you swallowed the pill), remove the belt and recorder. Place it in a bag to return the next day.
- You may return to your normal diet.

**Caring for the recorder**
- Do not move suddenly or bump the recorder.
- Do not expose the recorder to direct sunlight.
- Do not do activities that cause you to sweat.
- Do not bend over or stoop, if possible.
- Do not go near any strong electro-magnetic fields, such as an MRI device or a ham radio.

**When the test is over**

The capsule can take up to a week to pass out of your body. If it has been a week and you have not passed the capsule (or are not sure), you may need an X-ray.
- In the rare case the capsule does not come out naturally, we will need to remove it.
- Do not have an MRI. An MRI could cause serious harm while the capsule is still in your body.

**Test results**

You will receive your results in 7 to 10 business days by phone, letter or My Chart.