

Kaiser Santa Clara Medical Center

Department of Gastroenterology
710 Lawrence Expressway
DEPT 240, on the 2ND FLOOR
San Jose, Ca 95051

Patient Instructions for Capsule Endoscopy

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 imaging capsule approximately the size of a large vitamin pill. The Capsule will pass naturally through your digestive systems while taking pictures of the intestines. Several sensors attached to your abdomen will receive images transmitted by the capsule. These images will be stored on a walkman-like data recorder. After 7 hours, you will return to the GI clinic for removal of the sensors and data recorder. The Capsule is disposable and will be excreted naturally in your bowel movement.

Known contraindications to Capsule Endoscopy include cardiac pacemakers, defibrillators or other implanted electromagnetic devices, severe intestinal motility disorders, Zenker's diverticulum, swallowing disorders, small bowel diverticulosis and pregnancy. Severe Crohn's enteritis, small intestinal strictures and obstruction are also contraindications as patients are at increased risk of Capsule impaction and obstruction. Impaction and obstruction would require surgery to remove the capsule.

In order to get the most accurate information, you will need to follow the instructions:

The Day before Capsule Endoscopy

1. After lunch on the day before the Capsule Endoscopy, **start a clear liquid diet**. No solid foods are allowed. After 10 p.m. the evening before Capsule Endoscopy, do not eat or drink except for necessary medications with a sip of water.
2. Do not take any medications 2 hours before undergoing Capsule Endoscopy.
3. Abstain from smoking 24 hours prior to undergoing Capsule Endoscopy.

Day of Capsule Endoscopy

1. Arrive at the Out Patient Procedure Center, Dept 240 at 7:00 am for your Capsule Endoscopy dressed in **loose fitting**, two-piece clothing.
2. You will have a pre-procedure interview. During this time, you will be informed of the small chance of intestinal obstruction. You will be asked to give your informed consent.
3. The sensor array and data recorder will be attached with adhesive pads and a belt around your waist.

After ingesting the M2A capsule

1. You will be given 2 liters of Colyte to ingest, followed by the capsule. After ingesting the capsule, **do not eat or drink for 4 hours**. After 4 hours you may have a light snack.

2. You will be allowed to leave after the capsule is ingested. You should not be near any source of powerful electromagnetic fields such as an MRI device or amateur (ham) radio. Occasionally, some images may be lost due to radio interference. This may result in the need to repeat the Capsule Endoscopy examination.
3. Capsule Endoscopy lasts several hours. Do not disconnect the equipment or remove the belt at any time during this period. The data recorder is a small computer and should be treated with utmost care and protection. Avoid sudden movement and banging of the data recorder.
4. During Capsule Endoscopy, you will need to verify every 15 minutes 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 the Out Patient Procedure Center at (408) 851-2760 9am to 5pm Monday through Friday.
5. Avoid strenuous physical activity especially if it involves sweating. Do not bend over or stoop during Capsule Endoscopy.

After completing Capsule Endoscopy

1. **Return to the Out Patient Procedure Center, Dept 240 at 3 pm.** The equipment will be removed at that time.
2. If you did not positively verify the excretion of the Capsule from your body and you develop unexplained post-procedure nausea, vomiting or abdominal pain, contact the Out Patient Procedure Center, Dept 240 for evaluation.
3. Undergoing an MRI while the capsule is inside our 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 abdominal x-ray before undergoing an MRI examination.

Capsule Endoscopy reminders:

- **Wear loose fitting clothing**
- **Do NOT eat solids the night before Capsule Endoscopy**
- **Do NOT eat for 4 hours after ingestion of the capsule.**
- **Return to the Dept 240 promptly at 3pm.**
- **Call (408) 851-2760 or return to the Dept 240 for questions and problems during Capsule Endoscopy.**