

INSTRUCTIONS FOR CAPSULE ENDOSCOPY (Pillcam®) WITH DR RAY BUTTIGIEG / DR DANIEL VAN LANGENBERG

By following the **diet instructions** below prior to and during your Capsule endoscopy, this will ensure that a clear view of your gastrointestinal tract can be obtained.

2 Days before Procedure	Day before Procedure	Day of Procedure
<p>Stop all iron medications & fibre supplements (eg Metamucil, Fybogel, etc)</p> <p>Continue your regular medications</p> <p>Stop eating Brown bread, cereals, fruit and green vegetables Do not have anything with seeds in it.</p> <p>You may eat Boiled or poached egg Low fat cottage cheese Low fat plain yoghurt White bread Lean meat White fish steamed Boiled chicken Well cooked peeled pumpkin Well cooked peeled potatoes Jelly Skim milk</p> <p>Drink plenty of approved clear fluids*</p>	<p>Low fat, low roughage breakfast only (eg white bread/ toast, low fat yoghurt, boiled or poached eggs, skim milk, stewed fruit)</p> <p>No solid food, no milk or milk products allowed after 12 noon today</p> <p>Drink only approved clear fluids* for lunch and dinner to a total of at least 2 litres through the day</p> <p>You may take necessary medications with water</p> <p>HAVE NOTHING TO DRINK AFTER MIDNIGHT (12 am)</p>	<p>Do not take any medications for two(2) hours prior to appointment time</p> <p>Attend Maroondah Hospital Day Procedure Unit (Level 2) at allotted time (usually approx 8.00-8.30am) and report to reception staff</p> <p>After swallowing capsule:</p> <ul style="list-style-type: none"> • You must not drink anything for four (4) hours • After 4 hours, you may drink clear fluids • After 6 hours you may eat a light meal • After 8 hours you may resume normal diet/ fluids <p>SEE ATTACHED DOCUMENT FOR FURTHER INSTRUCTIONS ABOUT CAPSULE ENDOSCOPY</p> <p>If you have any queries please telephone the office on 9871 4788 or Maroondah Hospital Day procedure unit 9871 3590</p>

***Approved clear fluids:** Water, apple juice, plain jelly (avoid red and purple) black tea or coffee, Bonox, clear broth (chicken noodle without the noodles), clear fruit cordial or sports drinks (no red or purple colours).

PATIENT INSTRUCTIONS (part 2)

1. What is capsule endoscopy?

Capsule endoscopy (Pillcam®) is a new technology designed to examine the small bowel. The test involves swallowing a capsule (about the size of a large vitamin capsule) that records a high definition video of the small bowel. The video is continuously transmitted via the sensors to the data recorder within the belt worn during the procedure.

The small bowel is about 6 metres long and the capsule takes about 8 hours to travel through it. You should pass the capsule naturally in your bowel actions. You do not need to retrieve the capsule; it is disposable and should be flushed down the toilet.

Capsule endoscopy is a day procedure. You will be required to attend the hospital in the morning (approximately 8am) for about 30 minutes for the leads and special belt to be attached. You will be given the capsule to swallow. You may then leave the hospital and return at approximately 4pm to have the equipment removed and the video uploaded. No sedation or anaesthetic is required. You will need to follow a diet the day before and the day of the test. Our practice is NOT to use any bowel preparation unless there are special circumstances.

2. What to expect during the procedure

After capsule ingestion, if you experience severe or persistent abdominal pain, fever, difficulty swallowing or nausea please call the hospital immediately.

During the procedure, the following is advised:

- Do not exercise and avoid heavy lifting
- You may walk, sit and lie down
- You may drive a car and go to work if able to perform normal duties with the capsule belt on safely
- Avoid going near MRI machines and radio transmitters (this includes shops eg at Eastland with security scanners!)
- Try not to touch the sensor leads
- Avoid getting the data recorder or sensor leads wet

Observe the LED light on the data recorder at least every 15 minutes

- If the light stops blinking, document the time and call the hospital immediately

Return to the hospital at the allotted time to have the equipment removed.

3. After the capsule endoscopy equipment is removed

You may resume normal activities including exercise, normal eating and drinking as usual, and can take all your usual medications. Avoid any MRI testing for three days after the capsule endoscopy – please reschedule your MRI if this is the case.

The capsule passes naturally in a bowel movement, typically within 24-48 hours. It does not need to be retrieved.

Should you be concerned that the capsule has not passed, an abdominal X-ray can be performed to confirm its passage. This can be arranged at/ or prior your next appointment at Bond St Gastroenterology.