

## INSTRUCTIONS TO FOLLOW BEFORE YOUR CAPSULE ENDOSCOPY EXAMINATION

1. Please cease iron containing medications / supplements 7 days prior to your capsule endoscopy.
2. Please advise us if you are diabetic and taking any diabetic medication/s. You may require additional instructions.
3. An empty stomach allows for the best and safest examination, so on the **day before** the capsule endoscopy only **drink approved clear fluids\*\* DO NOT eat solid foods or consume any milk products**. Drink plenty of clear fluids.
4. From **12.00 midnight**, overnight to the morning of the procedure, do not have anything to eat or drink, except for necessary medication(s) with a sip of water. Please tell staff if you have had previous abdominal surgery, have swallowing problems or have a history of bowel obstruction.

**\*\*List of APPROVED CLEAR FLUIDS:** Water, clear fruit juices (apple, pear, grape), plain jelly (no red or purple colours), black tea or coffee (no milk), Bonox, Lucozade, clear soups, broth or bouillon, clear fruit cordials (lemon, orange or lime), sports drinks (yellow or orange).

## INSTRUCTIONS TO FOLLOW ON THE DAY OF YOUR CAPSULE ENDOSCOPY EXAMINATION

- Do not take medication within **2 hours** of the capsule endoscopy examination.
- Wear loose fitting, two piece clothing with a cotton layer close to your skin.
- A sensor array belt will be fitted around your waist over this cotton clothing. This belt will be connected to the data recorder.
- After this you will be instructed to swallow the capsule with some water.
- You can then go home and will need to come back to the rooms 8 hours after swallowing the capsule to have the equipment disconnected and to return the recorder and sensor apparatus.

## FREQUENTLY ASKED QUESTIONS

### **Patient Information**

Capsule endoscopy is used to provide video of your small intestine to evaluate abnormalities. The most common use in Australia is to identify small intestinal blood loss. Please read this information carefully. If you have additional questions, please discuss them with your doctor or nurse before the procedure is scheduled.

### **What is a capsule endoscopy?**

Capsule endoscopy enables the doctor to examine the three portions (duodenum, jejunum and ileum) of your small intestine. The capsule which is the size of a large vitamin pill, has its own lens and light source. When swallowed and passing through the intestine, images are sent to a data recorder connected to a sensor belt. Afterwards your doctor will download and view the video on computer.

### **Why is capsule endoscopy performed?**

Capsule endoscopy helps your doctor determine the cause of recurrent or persistent symptoms such as abdominal pain, diarrhoea, bleeding or anaemia after a gastroscopy and colonoscopy have been performed that have not revealed a diagnosis. For certain chronic gastrointestinal diseases, capsule endoscopy can also help evaluate the extent to which your small intestine is involved and it can monitor the effect of therapies. Currently capsule endoscopy in Australia is approved for rebate by the Government only for investigating obscure gastrointestinal blood loss. If the procedure is performed for other indications the government rebate may not apply.

### **What can I expect during capsule endoscopy?**

Staff will prepare you for the examination by fitting a sensor belt around your waist. The capsule endoscope is ingested and passes naturally through your digestive tract while transmitting video images to a data-recorder connected to a sensor belt for approximately 8 hours. You will be able to drink clear fluids four hours after capsule ingestion and able to eat food a further two hours later unless your doctor instructs you otherwise.

### **What happens after capsule endoscopy?**

At the end of the procedure you will need to return to the rooms with your data recorder and sensor belt. The images acquired during your test will be downloaded to a computer for Physician review. After ingesting the capsule and until it is excreted you should not have a Magnetic Resonance Imaging (MRI) scan for three (3) days.

### **How does the capsule get eliminated and will I feel it come out?**

The capsule is disposable and passes naturally with your bowel movement. You should not feel any pain or discomfort as it passes.

### **What are the possible complications of capsule endoscopy?**

Although complications may occur they are very rare. Potential risks include bowel obstruction for which surgery may be required. Therefore, it is important that you report any symptoms to your doctor such as increasing chest or abdominal pain, fever, difficulty swallowing or vomiting in the days after capsule ingestion.

### **Are there any expenses for capsule endoscopy?**

There are no out-of-pocket expenses. You will be bulk billed for this procedure.