



**ADVANCED
DIGESTIVE
CARE**

ASSOCIATES IN GASTROENTEROLOGY

Associates in Gastroenterology: Capsule Endoscopy / PillCam Procedure

GENERAL INFORMATION

Your physician has determined that as part of your medical evaluation you should undergo an examination known as a **Capsule Endoscopy**. This procedure involves ingesting a small imaging M2A Capsule (about the size of a large vitamin pill), which will pass naturally through your digestive system, while taking pictures of the intestine. The images are transmitted to the **SensorArray** which is placed on your abdomen. The Sensor Array is attached to a walkman-like Given DataRecorder which saves all the images. It is located in the RecordBelt, which is worn around your waist. After 8 hours, you will remove the RecordBelt and return it to your physician for processing. The M2A Capsule is disposable and will be excreted naturally during a bowel movement. In the rare case that it does not excrete naturally, it will need to be removed endoscopic ally or surgically. In order for your physician to get the most accurate information, you will need to follow the instructions below.

CAPSULE ENDOSCOPY PREPERATION

DO NOT EAT ANY SOLID FOOD FOR 24 HOURS BEFORE THE CAPSULE ENDOSCOPY.

Drink only clear liquids during this time period. Clear liquids include water, clear sodas (Sprite, 7-Up, Mountain Dew, Ginger ale), apple juice, white grape juice, light-colored sports drinks (No reds, purples, or other dark colors), lemonade, and green or white tea. Soup broth and green or yellow jello are permitted, also. **Do not drink** alcohol, milk, coffee, or any dark colored liquids for 24 hours before the capsule endoscopy.

1. Start clear liquid diet at 8:00 AM on _____.
2. At 7 pm the evening before the Capsule Endoscopy take one bottle of magnesium citrate, an over-the-counter laxative.
3. Have **NOTHING BY MOUTH** after 10 pm the evening before the Capsule Endoscopy.
(**DO NOT** eat or drink anything except essential medication(s) with a sip of water.)
4. **DO NOT** take any medication beginning 2 hours before undergoing Capsule Endoscopy.
5. Abstain from smoking 24 hours prior to undergoing Capsule Endoscopy.
6. It is recommended that male patients shave their abdomen.

Your CAPSULE ENDOSCOPY is scheduled at : 8:00AM on _____ (mo/d/yr), at:

- ENDOSCOPY ASSOCIATES, 8140 Ashton Ave., Suite 212, Manassas 703-365-9085
- ENDOSCOPY ASSOCIATES, 14010 Smoketown Rd. (in the back), Woodbridge 703-580-0181

****** PLEASE ARRIVE at 8:00AM ON THE DAY OF YOUR PROCEDURE ******

Patient Name

Patient Signature

Date



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THE DAY OF THE 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 this 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 with adhesive pads 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 M2A Capsule.

AFTER INGESTING THE M2A CAPSULE

Beginning @ 10:00AM, having only CLEAR LIQUIDS is allowed.

At 12:00PM having a LIGHT MEAL is allowed.

1. Capsule Endoscopy lasts approximately 8 hours and 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.
2. After ingesting the M2A capsule, do not eat for at least 2 hours. After 4 hours you may have a light snack. After the examination is completed, you may return to your normal diet.
3. Contact your physician immediately if you suffer from any abdominal pain, nausea, or vomiting during Capsule Endoscopy.
4. During Capsule Endoscopy, you will need to verify every 15 minutes that the small light on the top of the DataRecorder is blinking twice per second. If, for some reason it stops blinking at this rate, record the time and contact your physician. You should also record the time and nature of any event such as eating or drinking or unusual sensations. Return the Event Form with these notes to your physician at the time you return the equipment.
5. Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during Capsule Endoscopy
6. After ingesting the 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.
7. 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 Capsule Endoscopy to prevent this problem from recurring.

When Capsule Endoscopy Imaging is Complete

1. The DataRecorder stores the images of your examination. Handle the DataRecorder, RecorderBelt, Sensor Array and Battery Pack carefully. Do not expose them to shock, vibration or direct sunlight, which may result in loss of information. Return all of the equipment to your physician's office as soon as possible.
2. If you did not positively verify the excretion of the M2A capsule from your body, and you developed unexplained post procedure nausea, abdominal pain or vomiting, contact your physician for evaluation and possible abdominal X-ray examination.
3. 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 abdominal X-ray.