

## Capsule Endoscopy Preparation Instructions

### 1 day before your capsule endoscopy

- **Prior to 2pm** - Have your normal breakfast and a light lunch.
- **After 2pm** - You must have **NO SOLID FOODS** and only **APPROVED** clear fluids. Approved clear fluids include: Water, clear fruit juices, black tea or coffee, Lucozade, sports drinks, lemon or lime cordial, clear strained soups or broth, jelly (no red or purple colours) and barley sugar.
- **Throughout the day** - Drink at least 1 glass of approved clear fluid every hour to maintain hydration. This also helps to clear out the small bowel and ensure that clear pictures can be obtained during the procedure.
- **After midnight** - You must have **NO THING MORE TO EAT OR DRINK.**

### On the day of your procedure

- You must NOT have anything to eat or drink **including water** before you swallow the capsule.
- Essential medications may be taken with just a sip of water up to 2 hours before the procedure.
- Please wear 2 pieces of loose fitting clothing (eg. T-shirt and trousers / skirt)

#### *Swallowing the capsule*

You will need to attend Melbourne Direct Endoscopy first thing in the morning (usually around 8am) for about half an hour where the data recorder belt is attached, and you will be given the capsule to swallow with some water. You can leave straight after swallowing the capsule and will need to return 8 hours later.



## After swallowing the capsule

- Check the blue light on the top of the Data Recorder **every 15 minutes** to ensure the light is blinking. If the light stops blinking, note the time and call the clinic.
- ..... • **After 2 hours** - You can drink clear liquids (water, apple juice)
- ..... • **After 4 hours** - You can eat a light meal and take your usual medications (unless otherwise advised)
- ..... • **After 8 hours** - You will return to Melbourne Direct Endoscopy to have the recorder removed. The recorded digital images are then downloaded to a computer and examined by your gastroenterologist – it takes several hours to review the video, so you will not receive any results on the day of the procedure. The capsule is passed into the toilet (usually unnoticed) and flushed away.

**Do not exercise. Avoid heavy lifting. Try not to touch the Data Recorder or the SensorArray leads and avoid getting them wet. Avoid going near MRI machines and radio transmitters.**

You may walk, sit, lie down, drive and return to work if you are able to avoid unsuitable environments and physical activities. Computers, radios, stereos and mobile phones are all safe to use.

**Most patients do not have any problems following capsule endoscopy, but if you develop severe abdominal pain, a fever, nausea and vomiting, black tarry motions or bleeding from the back passage (more than 1/2 cup of blood), please contact your doctor (or the closest emergency department) immediately.**