

# Capsule Endoscopy

Date of Procedure:

\_\_\_/\_\_\_/\_\_\_

Procedure Time:

\_\_\_\_\_

Address:

**31 Hauteville Terrace**  
**EASTWOOD SA 5063**

- A/Prof. Asif Chinnaratha
- Dr Biju George
- Dr Paul Kuo
- Dr Derrick Tee
- Dr Sze (Sue) Yeap
- Dr Edward (Ned) Young

## 5 days before the procedure:

- Stop all iron-containing medications:  
Ferrogradument/Fefol
- Any medication that prevents diarrhoea:  
Imodium/Lomotil.

## On the day of procedure:

- Do not take any medication 2 hours prior to your procedure.
- You may drive to the Rooms.
- Wear thin upper garment such as a T-shirt that is long enough to reach at least to hip level and will not ride up above the belt.
- A sterile belt with sensors will be placed around your abdomen and you must keep this on for the duration of the procedure.

**Go to your nearest pharmacy and purchase:  
1 box of MoviPrep (DO NOT USE OTHER BRANDS)**

## 1 day before the procedure:

No solid food or any milk products are allowed. Drink only the **APPROVED CLEAR FLUIDS** listed below for 24 hours prior to your procedure.

- Water
- Bonox
- Apple juice
- Lucozade
- Jellies (No red or purple colours)
- Cordial (Clear Orange, Lemon or Lime)
- Black Tea or Black Coffee (No milk)
- Clear soups (Stock)

## Laxative Instructions

### THE DAY BEFORE YOUR PROCEDURE

**Note:** The mixture may expand (use a tall glass). Make sure you are home when you start the prep.

#### • 4:00pm - Dose 1

Mix **sachets A** and **B** and mix in a tall glass with water up to 1L until the powder is all dissolved. Drink the mixture over 1-2 hours. Try and drink a glassful every 10-15 minutes.

You can alternate MoviPrep with clear fluids if you wish.

- Water, clear soup, diluted cordial/clear fruit juice (*without pulp*), herbal tea, black tea, or coffee (*without milk*) are all suitable.

#### • 9:00pm - Dose 2

Mix **sachets A** and **B** and mix in a tall glass with water up to 1L until the powder is all dissolved. Drink the mixture over 1-2 hours. Try and drink a glassful every 10-15 minutes.

Drink an extra 500 mL of clear fluid after consuming Dose 2.

- **From midnight onwards, NO SOLIDS/ LIQUIDS ARE ALLOWED**

## After your procedure:

- ✓ You may drink colourless liquids **2 hours** after ingesting the capsule.
- ✓ You may have a light snack **4 hours** after ingesting the capsule.
- ✓ Be sure the sensor belt is tight at the waist.
- ✓ Check the blue flashing PillCam recorder is blinking twice per second. If it stops blinking or changes colour, note the time and contact the Rooms immediately.
- ✓ Avoid strong electromagnetic fields such as MRI device or ham radios after ingesting the capsule and until you pass it in a bowel movement.
- ✓ **DO NOT DROP, REMOVE OR OPERATE THE RECEIVER AND KEEP THE RECEIVER DRY AT ALL TIMES.**

**PLEASE RETURN TO THE ROOMS AT \_\_\_\_\_ FOR  
THE OPERATOR TO REMOVE THE BELT AND RECEIVER.**

# What is a 'Capsule Endoscopy'?



Capsule Endoscopy enables your doctor to examine the small intestine. You will swallow a small, state-of-the-art, video capsule that will take images of your small intestine while the capsule travels through your body. The images will be sent to a receiver worn on a belt around your waist and recorded for later analysis. Most patients consider the procedure comfortable.

# Why is a 'Capsule Endoscopy' performed?

Capsule Endoscopy helps your doctor determine the cause for recurrent or persistent symptoms such as abdominal pain, diarrhoea, bleeding, or anaemia, in most cases where other diagnostic procedures failed to determine the reason for your symptoms. It can also be used to monitor the effects of therapy in some cases.

# Frequently Asked Questions (FAQ)

## How long does the procedure take?

You will typically spend approximately 30 minutes at your doctor's office to start the procedure. Once the sensor belt is placed on your abdomen, the recorder is connected, and you have swallowed the capsule, you can leave. The test can last up to 8 hours.

## What happens after I return the receiver and belt to my doctor?

Images captured in the receiver during your procedure will be downloaded from the receiver to a computer and your doctor will view them in a colour video. You will need to book a consult with your doctor to discuss the results of your procedure.

## Will I feel any pain or discomfort from the capsule?

No. You should not feel any discomfort when swallowing the PillCam SB3 capsule or while it moves through your GI tract. The capsule is disposable and passes naturally with your bowel movement. However, should you experience pain or other concerning symptoms, please contact your doctor immediately.

## Medical History

Inform your doctor of your medical history including:

- A pacemaker or other electro-medical devices
- Any previous abdominal surgery
- Difficulty swallowing
- A history of obstructions in the gastrointestinal tract
- PillCam SB3 is contraindicated for patients with suspected, or known, strictures or fistulas.

## Warning

- If you are unsure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain, or vomiting, please contact the Rooms immediately.

- Undergoing an MRI while the capsule is inside your body may result in damage to your intestinal tract or abdominal cavity. If you are uncertain the capsule is out of your body, contact the Rooms before undergoing an MRI.