NEW YORK GASTROENTEROLOGY ASSOCIATES

Procedure Location

1995 Broadway (9th Floor)
New York, NY 10023

Contact NYGA for Prep Questions

Call: 212-996-6633
Text: 646-419-4947

SMALL BOWEL CAPSULE ENDOSCOPY INSTRUCTIONS

Please arrive at 8am for your appointment and return to the office at 4pm to remove the device.

You have been referred by your doctor for a Small Bowel Capsule Endoscopy procedure to evaluate your gastrointestinal tract. This test involves ingesting a capsule which will take pictures of your small intestine. To maximize the success of this test we ask that you *please follow these instructions carefully*. **If you have any questions, please do not hesitate to contact us at any time**.

Week prior to examination:

- If you are taking iron supplements, please stop them one week prior to your appointment.
- Please purchase a bottle of *MiraLAX 119g* and a package of *Simethicone (Gas-X)* from your local pharmacy.
- You may also want to pick up two 32-ounce bottles of a sports drink such as yellow Gatorade.

Day before capsule endoscopy:

- You may have normal meals for breakfast and lunch.
- You may only have **liquids** for dinner (broth, clear fruit juices, soda, coffee or tea without milk or cream). Do **not** drink anything that is red or purple in color. Do **not** drink juice with pulp, dairy or soy products.
- At around 8 pm mix the bottle of *MiraLAX* (119 grams) with 32 ounces of fluid (such as yellow Gatorade, iced tea, or water). Drink 1 glass every 10 minutes until finished with the container. This should produce loose bowel movements to help clear the bowel for the procedure.
- Make sure to drink plenty of additional **fluid** throughout the day to stay hydrated and improve bowel cleansing.
- Do **not** eat, drink, chew gum or smoke after midnight.

Day of capsule endoscopy

- You may brush your teeth and rinse with water.
- If you take **essential** medications (thyroid medicines, seizure medicines, etc.) that are **time sensitive**, you may take them with a few sips of water at your usual time. Do not take any non-essential medications until 2 hours after ingesting the camera.
- Please take 2 tablets of *Simethicone (Gas-X)* about **30 minutes** prior to your appointment.
- Arrive at our office promptly at **8:00 AM**. Wear loose fitting clothing, preferably a light cotton T-shirt.
- A recorder belt will be placed around your waist and connected to data recorder which is worn over your shoulder.
- You will then ingest the capsule.









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After ingesting the capsule:

- Do not eat or drink for at least **2 hours** after ingesting the capsule.
- After 2 hours you may have **liquids** and take any medicines you missed.
- After 4 hours you may have a light lunch and continue drinking liquids throughout the day.
- Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop for prolonged periods of time. However, ***do not*** remain immobile as this may slow down the transit of the capsule.
- Capsule endoscopy lasts 8 hours. Do not disconnect the equipment or remove the belt at any time during this period.
- Since the Data Recorder is actually a small computer, it should be treated with utmost care and protection.
- You will need to periodically verify that the blue light on top of the Data Recorder is blinking. If it stops blinking, contact us.
- Return the Data Recorder to our office after **4:00 PM** the same day unless other arrangements are specifically made.
- The capsule is disposable and will be excreted naturally in your bowel movement. You do not need to retrieve it.
- After the examination is completed, you may return to your normal diet.

Things to look out for:

- Contact our office immediately if you suffer from any abdominal pain or vomiting during capsule endoscopy.
- After ingesting the 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.
- 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 examination.
- If you did not directly see the passage of the capsule from your body and you develop unexplained post procedure nausea, abdominal pain or vomiting, please contact us for evaluation.
- 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 directly see the passage of the camera from your body, you should contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.

If you cannot keep your appointment, please let us know as soon as possible so that other people who are waiting may use that time. Failure to keep the appointment or call to cancel with at least **3 business day** notice will result in a $250 fee.

Please do not hesitate to call us with any questions!