



# DIABLO DIGESTIVE CARE

400 TAYLOR BLVD, SUITE 304  
PLEASANT HILL, CA 94523

OFFICE: (925) 363-0069  
FAX: (925) 363-0077

WWW.DIABLODIGESTIVECARE.COM

Date: \_\_\_\_\_

Procedure time: 8:00am

Return Time: 3:30 pm

**VIDEO CAPSULE ENDOSCOPY:** This procedure will examine your small intestine using a camera capsule.

**DO NOT TAKE IRON PILLS FOR SEVEN DAYS BEFORE THE EXAMINATION**

You will be able to drive on the day of the procedure. You must return to the office on the same day to return the equipment.

The day before the capsule endoscopy:

**From 12 noon, begin a clear liquid diet.** At approx. 5pm take 2 capfuls of MiraLAX (34 grams) in 10oz of water. From 10pm the evening before **do not eat or drink** except for necessary medications with a sip of water.

On the morning of the capsule endoscopy:

**Take morning medications before 6am with a sip of water.**

Arrive dressed in loose fitting two-piece clothing, cotton preferred. You will have a pre-procedure interview where you should be informed that capsule endoscopy may be associated with a small chance of intestinal obstruction. You will be checked in and asked to give your informed consent. A sensor belt will be attached around your waist and will be connected to a data recorder will you will wear over your shoulder (like a camera case). After that you will swallow the capsule.

### **After ingesting the Capsule:**

Do not eat or drink for at least 2 hours. After 2 hours you may have clear liquids and any remaining essential morning medications. After 4 hours you may have a light snack. After the exam is completed, you may return to your normal diet. These instructions apply unless your physician specifies otherwise.

Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during the exam.

After swallowing 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. amateur radio transmitter, MRI, etc.) and may result in the need to repeat the exam. In this case, you will be advised to stay within the premises of the office during the entire exam to prevent this problem from recurring.

The capsule endoscopy exam lasts approximately 8 hours. Do not disconnect the equipment or remove the sensor belt at any time during this period. Since the Data Recorder is actually a small computer, it should be treated with the utmost care and protections. Avoid sudden movement and banging of the Data Recorder

During the exam you will need to verify every 15 minutes that the small blue light on the top of the Data Recorder is blinking twice per second. If, for some reason it stops blinking at this rate, record the time and contact the office. Also, record the time and nature of any event such as eating, drinking, your activity and unusual sensations. Return these notes to the office at the time you return the equipment

Avoid strenuous physical activity and sweating. Do not bend over or stoop during the exam.