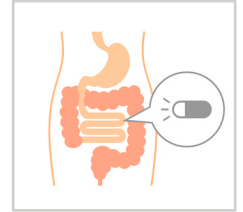


Capsule Endoscopy Procedure

Screening Saves Lives

A capsule endoscopy is a procedure that uses a tiny wireless camera to take pictures of the digestive tract. The camera sits in a vitamin-sized capsule and is swallowed. The patient may wear electrodes on their body or on a belt that captures images the camera takes. This type of procedure allows the inside of the small intestine to be seen.



Medications to Avoid

- **Do not take aspirin or aspirin-like medications** (e.g. Advil, Motrin/ibuprofen, Aleve/naproxen) for 2 weeks prior to the video capsule test.
- **Do not take iron supplements or vitamins containing iron** 7 days prior to the video capsule test.
- **Do not take Carafate (sucralfate) or antacids** 24 hours before the video capsule test.

The Day Before Your Procedure

- You may take your prescription medications the day before your procedure (except for those medications listed above and any other medications your physician has instructed you to stop).
- NO ALCOHOL the day before your capsule endoscopy.
- You may have a light breakfast. You should not eat any solid food after 12 Noon.
- After 12 Noon you should drink only clear liquids: Examples are clear broth (chicken or beef), water, apple juice, Gatorade, popsicles and coffee or tea (no milk or creamer).
- Do not have any red, blue, orange or purple colored liquids.
- Starting at 5:00 PM the evening before your procedure drink one bottle of magnesium citrate (this can be purchased at any pharmacy). Do NOT take magnesium citrate if you have kidney problems or if you require dialysis treatments. A different bowel prep may be used if you have these conditions.
- Do not eat or drink anything after midnight.

Preparing For Your Procedure: What to Bring

- Your insurance card.
- Driver's license or government I.D.
- A complete list of all your medications.
- The first and last names and addresses of all the physicians you want to receive a copy of your procedure report.

The Day of Your Procedure

- Wear comfortable, loose-fitting clothing.
- **Do not** apply any lotion, cream, or ointments to the skin before the exam.
- You may take your prescription medications with sips of water up to six hours before your upper endoscopy (except for those medications listed above and any other medications your physician has instructed you to stop).

Arrive at **BOLINGBROOK HOSPITAL (main entrance) at 6:30 AM.**

UChicago Medicine AdventHealth Bolingbrook | 500 Remington Boulevard, Bolingbrook, IL 60440

- Adhesive pads with sensors connected to wires may be applied to the chest and abdomen and you will be fitted with a belt containing a data recorder. You will then swallow the video capsule.

After Swallowing the Capsule

- **Do not eat or drink anything for 2 hours.**
- After 2 hours: you may have clear liquids: Examples are clear broth (chicken or beef), water, apple juice, Gatorade, popsicles and coffee or tea (**no** milk or creamer).
- **Do not** have any red, blue, orange or purple colored liquids
- **Stay active for at least 4 hours** after swallowing the capsule. **Avoid** strenuous physical activity especially if it involves sweating, bending or stooping.
- **Avoid** strong electromagnetic fields such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement.
- **Do not get the equipment wet.**
- Check the blue flashing recorder **every 15 minutes** to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact your doctor. **Do not disconnect or attempt to remove the equipment.**
- After 4 hours: you may have a light lunch (e.g. soup, sandwich)

Return to **BOLINGBROOK HOSPITAL at 4:00 PM.**

After the Procedure

- You may resume a normal diet after the exam is over.
- **You do NOT need to save the capsule.** It is disposable and may be flushed or thrown away after the test.

If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact your doctor for evaluation. Undergoing an MRI while the PillCam capsule is inside your body may result in damage to your intestinal tract or abdominal cavity. If you are not certain the capsule is out of your body, contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.

If you have any questions, please call the office at: **630-312-2590.**

For questions you may have after hours please call the same number and select the option to page the physician on-call. A physician is on-call 24 hours a day 7 days a week to answer any questions or concerns you have.