Pre-Procedure Instructions for Capsule Endoscopy

Welcome to the MGH GI Endoscopy Unit. We would like to make your stay as pleasant and safe as possible. Please read these instructions carefully before your Capsule Endoscopy.

Please plan to spend about 2-3 hours in our unit for your procedure. We will do everything possible to avoid a delay in your procedure, but emergencies may interrupt the schedule. Please check the location of your procedure; we now have two sites (Blake 4 and Charles River Plaza).

What you need to do BEFORE you start to prepare for your procedure:

1. Call 866-211-6588 to update your registration (if not done within 6 months).

2. Be sure you have made arrangements for someone to escort you home after the procedure. You will be receiving sedation and you cannot drive for 12 hours after the procedure. Your escort must meet you in the endoscopy unit when you are ready to go home. If you don’t have an escort on the day of your procedure, your procedure will be CANCELLED and rescheduled.

3. Be sure you have an insurance referral, if required by your insurance company.
The day before the Capsule Endoscopy

- If you are diabetic and taking insulin, take only ½ of your regular dose the day before your capsule endoscopy.
- Drink “regular” sugar containing liquids rather than Sugar-free liquids on the day before the test.
- If you are taking iron or iron containing supplements, stop taking them 1 week prior to your scheduled capsule endoscopy.

1. The entire day before the procedure you will be on a clear liquid diet. This includes only: iced and hot black tea, black coffee, clear broth, apple or white grape juice, soda, Jell-o (do not have red Jell-o)
2. Do not eat or drink anything after midnight.
3. Do not take medications the morning of your exam. You may bring them with you and you will be able to take them 2 hours after swallowing the capsule.

The Day of the Capsule Endoscopy

- If you are diabetic and taking insulin, take only ½ of your regular dose the day of the capsule endoscopy.
- Have nothing to eat or drink.
- Do not take your regular medications, but you may bring them with you. You will be able to take them 2 hours after you swallow the video capsule.
Patient Information for Undergoing Capsule Endoscopy

Your physician has determined that as part of your medical evaluation you should undergo an examination known as Capsule Endoscopy.

- This procedure involves ingesting a capsule (about the size of a large vitamin pill). The Given Imaging M2A Capsule will pass naturally through your digestive system while taking pictures of the intestine.
- The images are transmitted to the Sensor array, a series of wires and electrodes similar to those used when taking an EKG. The Sensor Array is attached to a walkman-like Given DataRecorder which saves all the images. It is placed in the RecorderBelt, which is worn around your waist.
- After 8 hours you will return to the endoscopy unit to have the RecorderBelt removed. The M2A Capsule is disposable and will be excreted naturally in your bowel movement.

After ingesting the M2A Capsule

After swallowing the video capsule you will be given a sheet to record what you eat, drink, your activity and unusual sensations, if any.

- Do not eat or drink anything for 2 hours after swallowing the capsule.
- After 2 hours you will be able to drink clear liquids.
- Four hours after swallowing the capsule you may have a light lunch and continue drinking clear liquids throughout the procedure.
- After ingesting the video 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 transmitter interference (e.g. from amateur radio transmitter, MRI, etc.) On rare occasions this may result in the need to repeat the capsule endoscopy examination.
- Capsule endoscopy lasts approximately 8 hours. You do not have to remain in the hospital during this time. Do not disconnect the equipment or remove the belt at any time during this period.
- The DataRecorder is actually a small computer, and should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder.
- You will need to return to the Blake 4 Endoscopy Unit 8 hours after ingestion of the capsule to have the equipment removed. Removing the equipment is a fairly quick process and should only take a few minutes.
- After the examination is completed you may return to your normal diet.
- Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during or after Capsule Endoscopy.
- Do not hesitate to call the endoscopy nurses’ information line with any questions you might have. The number is (617)-726-0388.
Please answer the following questions and bring this packet with you the day of your exam.

- What are you allergic to? ______________
- What medications are you currently taking?
  ______________________________________
  ______________________________________
  ______________________________________
  ______________________________________
- Do you have difficulty swallowing? ___________
- Do you have a pacemaker? ______________
- Have you ever had a bowel obstruction or blockage?________
- Are you a diabetic?_______________
- Are you pregnant?_______________
- What is your height?______________
- What is your weight?______________
- What is your waist size?____________