



Stony Brook  
Medicine

## Capsule Endoscopy Preparation Instructions:

Name: \_\_\_\_\_

Procedure: Capsule Endoscopy

Physician: \_\_\_\_\_

Location: 3 Technology Drive, Suite 300

Date of Procedure: \_\_\_\_\_

Arrive at: \_\_\_\_\_

**Please note:** As a courtesy to other patients and to your doctor, please call as soon as possible at (631) 444-5220 if you are unable to keep your appointment.



Video capsule endoscopy is a procedure using a pill with a camera inside to take pictures of the small intestine. You will need to take a laxative to clean out the small intestines. To record the images, you will wear a belt with sensors which capture the images and then stores them on a hard drive data recorder which you wear over your shoulder. The capsule transmits pictures for up to 12 hours.

You will return the recorder the following day and the images will be downloaded for your doctor to review. Because of the number of hours of video recorded, please allow up to a week for your doctor to review the images.

The capsule is disposable and does not need to be retrieved. If you believe that the capsule has not passed after 3 days or if you are experiencing abdominal pain which is not typical for you, call the office and an x-ray can be ordered to determine if the capsule is retained.

Please notify us if you have a history of:

- Dysphagia (difficulty swallowing)
- Esophageal stricture (narrowing in the esophagus)
- Bowel obstruction
- Crohn's disease
- Koch pouch
- Radiation therapy to the abdomen
- Cardiac pacemakers or other implanted device



## The Day Before Procedure

1. Have a light breakfast and light lunch (ie: ½ sandwich, soup). After lunch, only clear liquids are allowed.
2. At 4 PM mix a small bottle of Miralax (**119 grams**) with 32 oz. of clear liquid and drink within one hour. **DO NOT** eat or drink anything after midnight.

Examples of clear liquids include:

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|--|---|
| ✓ Water  | ✓ Gatorade®, Powerade® or similar sports drink (no red or purple) |
| ✓ Clear juices without pulp (apple or white grape juice) | ✓ Ginger-ale or Lemon-lime soda (7-Up® or Sprite®)                |
| ✓ Clear soup broth or bouillon                           | ✓ Jell-O® (no red or purple)                                      |
| ✓ Tea or coffee (1 cup)                                  | ✓ Popsicles (no red or purple)                                    |

## The Day of Procedure

1. You may take essential medications before 6AM with a sip of water
2. Dressed in loose-fitting two piece clothing. A white t-shirt or tank top should be worn under your clothes.
3. You will sign a consent form, swallow the camera pill and then will leave the office wearing the recording equipment

## During the Procedure

1. For the first 2 hours after swallowing the capsule, do not eat or drink anything
2. Beginning 2 hours after swallowing the capsule, you may have clear liquids
3. Beginning 8 hours after swallowing the capsule, you may resume your regular diet.
4. You should continue your typical daily activities. Sitting all day can result in slow transit and an incomplete evaluation of your small intestines. Avoid strenuous activity and bending as this can damage the recording belt.
5. Call the office if you experience abdominal pain, nausea or vomiting that is unusual for you.
6. Leave the equipment on for 12 hours. After 12 hours, you may remove the belt and recorder. Please treat the equipment with care; damaging the equipment can result in the loss of the images from your procedure. Return the equipment the next morning.