

Capsule Endoscopy Information

Please review the video on kamloopsgi.ca/instructions for further information.

Overview:

Capsule endoscopy is a noninvasive procedure used to visualize the inside of your digestive tract. It can help diagnose a variety of conditions, such as bleeding, iron deficiency, inflammatory bowel disease and cancers. It is best used to visualize the small bowel, which can not be easily reached with other endoscopy procedures.

For this test, you swallow a capsule that is about the size of a large vitamin. The capsule has a tiny camera and light and as it moves through your digestive tract, the camera takes pictures. The capsule leaves your body in your feces (poop), usually anywhere from 3 to 30 hours. You will need to collect the capsule in the provided container and return to by pre-paid mail for download and review of the photos.

In order to get clear pictures of your digestive tract, you will need to clean out your bowel of feces. Please carefully read the instructions we have provided to you. Do not hesitate to contact your gastroenterologist's office with any questions or concerns.

Instructions:

YOU WILL NEED TO PURCHASE:

- One jug (4 L) of Polyethylene glycol (PEG).
- Two tablets of chewable Gas-X.
- OPTIONAL: Baby wipes and Vaseline to prevent skin irritation with the repeated wiping, Depends (disposable briefs) if incontinence issues, and over the counter Gravol to use as needed for nausea (use as directed on label).

ONE WEEK PRIOR:

- Stop eating nuts, popcorn, granola, multigrain breads, quinoa, cucumbers, tomatoes, poppy seeds, sesame seeds, berries or any other type of food that has small seeds.
- If you are usually constipated, please call your gastroenterologist's office for additional prep instructions.
- Stop Iron tablets or multivitamins with iron.
- Pick up **capsule endoscopy kit** from your gastroenterologist's office.

DAY BEFORE PROCEDURE:

Morning

- Eat a light breakfast such as toast or cereal (no nuts or seeds).

Noon

- Clear fluid diet only. This includes anything you can see through, such as water, coffee or tea (without milk or cream), Jell-O, popsicles, soup broth, pop, Gatorade, fruit juice (without pulp) and “Boost Fruit Flavored Beverage.” ****NO purple or red dyes****
- Drink plenty of clear fluids throughout the day.

Evening

- Continue on clear fluid diet.
- **4:00 pm** – Prepare the 4 L of PEG solution. You may mix apple juice, water or any clear fluid with the PEG. If preferred, you may refrigerate it for better taste. You may feel chilled while drinking the prep and can expect to have diarrhea.
- **4:30 pm** – Drink 2 L of PEG solution over a couple of hours. Keep the remaining 2 L to drink the morning of your procedure.
- Chew one tablet of Gas-X as you drink the PEG.
- You are encouraged to drink additional clear fluids until you go to bed.

DAY OF PROCEDURE:

- 4 – 5 hours prior to swallowing the capsule, please drink the remaining 2 L of PEG solution over a period of 2 hours.
- Chew one tablet of Gas-X as you drink the PEG solution.
- Stop drinking all liquids 2 hours before you swallow the capsule.
- Take all essential medications, such as heart, blood pressure, and/or pain medication with a sip of water, first thing in the morning.
- **DIABETICS – DO NOT** take insulin or oral diabetic medications the morning of the procedure. If insulin dependent, monitor glucose levels if concerned. Speak to your family doctor if you require help managing your diabetic medications.
- You can drink clear fluids 3 hours after ingesting the capsule. Do not drink heavy fluids like cream or milk, and no black or red liquids. You can resume your medications now.
- You can resume your regular diet 12 hours after ingesting the capsule.
- No x-rays, CT scans, or MRI scans the day you ingest the capsule.

AFTER THE PROCEDURE:

- Before next bowel movement, place the collection pan under your toilet seat.
- When you are finished, check if the capsule has passed in your bowel movement. You can pour some warm water into the pan to help see the capsule.
- If you see the capsule in the pan, use the magnetic wand provided to collect the capsule without you having to touch it.
- If the capsule hasn't come out yet, continue using the pan with every bowel movement.
- The capsule is not disposable, so do not flush it down the toilet.
- Once the capsule is collected, place it into the provided container and then place that into the pre-labeled and postage-paid envelope to ship the capsule via Canada Post to the GI's office in Kelowna, who will be downloading the images and sending report back to your doctor.
- **Do not have an MRI until the capsule has been passed.**

Risks:

Capsule endoscopy is generally a safe procedure with few complications.

- The capsule may get stuck in the gastrointestinal tract, usually in the small intestine, requiring medical management or surgical removal. This is the most common serious complication. This occurs in roughly 1.4 to 2% of cases, often due to Crohn's disease, tumors, or previous surgery.
- In rare cases, the retained capsule can cause a blockage.
- The battery may die before the capsule reaches the large intestine, resulting in missed areas of the bowel.
- Rarely, the capsule can be inhaled into the lungs – although this risk is similar to ingesting any other pill.

Notes:

Contact your doctor if the capsule is not excreted after more than 72 hours.

After the test:

You will be contacted regarding the test outcome. It may take time for the results, but we expect they will be available within a month. If there are any concerning or important findings, you will be called directly by your doctor, or you may be asked to return to clinic to discuss the results. A letter will also be sent to your referring physician to inform them of the results and outline further treatment plans if necessary.

If you have any questions regarding the procedure, please call your doctor's office (kamloopsgi.ca/contact-us).