

CAPSULE ENDOSCOPY

Preparation Instructions

This information sheet explains the necessary steps that need to be taken prior to your capsule endoscopy. Following these instructions carefully is extremely important to allow clear views of your bowel during the procedure.

5 DAYS BEFORE YOUR CAPSULE ENDOSCOPY

- Stop taking iron tablets, anti-inflammatory tablets (e.g. Neurofen, Voltaren), and anti-diarrhoeal medications

1 DAY BEFORE YOUR CAPSULE ENDOSCOPY

Prior to 2pm

- You are allowed to have breakfast and a light low fibre lunch.

After 2pm and throughout the rest of the day

- You must have **no solid foods** and **only approved clear fluids**, including water, fruit juice, lemon or lime cordial, black tea/coffee, sports drinks (not red or purple), clear broth, jelly (not red or purple), and barley sugar
- It is important to drink at least 250ml of approved clear fluids every hour to maintain hydration.

After midnight

- You must **fast with nothing to eat or drink after midnight.**

THE DAY OF THE CAPSULE ENDOSCOPY

- You may take your morning medications with a sip of water only. Your morning medications are best taken prior to 6am (to avoid the tablets remaining in the small bowel and obscuring views of your bowel)
- It is best to wear loose fitting clothing on the day of your procedure, to accommodate the sensors and the belt containing the recording device
- You will be provided with a morning appointment time to attend the clinic or hospital
- At the time of arrival, you will be reviewed by a nurse or technician. The data recording device and sensors will be attached and you will be asked to swallow the video capsule with a glass of water. Your appointment will take approximately 30 minutes, after which you will be allowed to return home
- After around 8 hours, you will be asked to return to the clinic or hospital, so that the sensors and recording device can be removed.

AFTER SWALLOWING THE VIDEO CAPSULE

- After 2 hours you can drink approved clear fluids
- After 4 hours you can eat a light meal
- Walking is encouraged but please avoid exercise or heavy lifting
- After 8 hours please return to the recording device to the hospital. The images will be

downloaded to a computer and examined by your doctor. The results will generally be ready after 1 week

- The capsule will be passed with your stool, usually within 1-3 days. This usually goes unnoticed and the capsule can be safely flushed.

OTHER IMPORTANT INSTRUCTIONS:

- Avoid radio transmitters or MRI machines
- Avoid going through airport security as the recording device was interfere with equipment.

If you do develop any symptoms such as abdominal pain, fever, nausea, vomiting or have any concerns please seek medical advice immediately.