

GASTROENTEROLOGY AND HEPATOLOGY CENTER

Sanjeev M. Wasan, M.D., PLC

19420 Golf Vista Plaza, Suite 230, Lansdowne, VA 20176

Phone: 703-724-4480 Fax: 703-724-7743

CAPSULE ENDOSCOPY INSTRUCTIONS SHEET

Patient Information:

Patient Name:

DOB:

Physician: Dr. Sanjeev Wasan

Procedure Information:

Date:

Arrival Time: 6:00 am

Procedure Time: 7:00 am

Return Time: 2:30 pm

Location of Procedure:

INOVA Loudoun Hospital

44045 Riverside Pkwy, Lansdowne, VA 20176

*Go to **South Entrance** and proceed to **Registration** at the end of the hall on the left.

Capsule Endoscopy involves swallowing a tiny digital camera about the size of a large vitamin pill. It passes through your digestive system while taking pictures of your small intestines. The pictures are transmitted to sensors attached to your abdomen and are recorded on a data recorder that will be carried around your waist. The procedure takes 8 hrs to complete after which the recorded pictures are transferred to a computer for your physician to review. The Capsule Endoscope is disposable. It will pass naturally in your bowel movement. You must avoid powerful magnets such as MRI machines until the capsule has passed. In very rare cases, the Capsule Endoscope will not pass and will need to be removed surgically.

The day before Capsule Endoscopy:

1. **1 day prior to procedure - CLEAR LIQUIDS ONLY** from the time you get up in the morning until 10pm (water, apple juice, clear sodas, Gatorade, tea, coffee with no cream, Jello and chicken broth - **no red or purple liquids**).
2. **Do not eat or drink anything after 10pm the night before your procedure.**
3. **NO SMOKING** for 24 hrs before your procedure.
4. Men should shave their chest and stomach area so the antenna leads will stay attached.
5. Do not take medication for 2 hrs prior to your procedure.
6. Wear loose fitting clothing for the procedure, top and bottom separate.

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The day of Capsule Endoscopy:

1. **Do not eat or drink anything** except necessary medications which should be taken 2 hrs prior to your procedure.
2. The medical assistant will ask you a few questions, review the procedure with you and remind you that there is a small risk of the Capsule Endoscope causing intestinal obstructions. You will be asked to sign a consent form at that time.
3. Small “EKG-like pads” will be attached with adhesive and connected to a data recorder which will be worn on your waist by a belt.
4. The nurse will ask you to swallow the capsule after he/she verifies your identity.

After swallowing the Capsule Endoscope:

1. **DO NOT eat or drink for 2 hours after swallowing the Capsule Endoscope.** After 2 hrs you may drink **clear liquids only**.
2. You may have a full liquid diet (coffee, orange juice, opaque drinks) and medications 4 hours after swallowing the Capsule Endoscope.
3. You may resume a regular diet after 8 hrs.
4. **DO NOT GO NEAR MRI SCANNERS OR RADIO TRANSMITTERS UNTIL AFTER YOU HAVE PASSED THE CAPSULE IN YOUR STOOL.**
5. You will be allowed to resume most daily activities avoiding strenuous physical activity.
6. Your recorder will be removed around 3:00pm, unless the capsule passes earlier.
***You will need to return to the hospital no later than 3:00pm.**
7. If you have any questions please call (703) 724-4480.

Please be very careful with the data recorder. Protect it from water, keep the belt around your waist, and avoid sudden movements. **DO NOT** remove it from its case, **DO NOT** bang it and **DO NOT** disconnect the data recorder from the sensors. During the procedure, avoid strenuous physical activity and avoid bending or stooping as this may interfere with the transmission of the images.