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SMALL BOWEL CAPSULE ENDOSCOPY

You have been scheduled to undergo a Capsule Endoscopy in our office. The procedure involves ingesting an M2A Capsule (about the size of a large vitamin pill) which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the data recorder that will be affixed to your abdomen with a recorder belt. After eight hours, you will return to the office and the belt will be removed and processed. The M2A capsule is disposable and will be excreted naturally in your bowel movements. In the rare case that it is not excreted naturally, it will need to be removed endoscopically or surgically.

GENERAL GUIDELINES

1. Please call the office if you have any of the following and have not discussed them with your doctor before scheduling this visit:
 - a. **PACEMAKER/DEFIBRILLATOR**
 - b. **PREVIOUS ABDOMINAL SURGERY**
 - c. **SWALLOWING PROBLEMS**
 - d. **PREVIOUS HISTORY OF BOWEL OBSTRUCTION**
 - e. **DIABETES**
 - f. **DIALYSIS**
2. If you take any of the following medications, please call the office for further instructions:
 - a. **INSULIN**
 - b. **IRON**
 - c. **SUCRALFATE/CARAFATE**
 - d. **CALCIUM CHANNEL BLOCKING AGENTS SUCH AS NORVASC OR CARDIZEM**

MEDICATION INSTRUCTIONS

Please stop the following medications as directed:

1. **IRON and SUCRALFATE/CARAFATE – STOP 5 DAYS BEFORE TEST**
2. **CALCIUM CHANNEL BLOCKING AGENTS – DO NOT TAKE ON DAY OF THE TEST IF MEDICALLY ACCEPTABLE.**
3. **IF YOU TAKE INSULIN or PILLS FOR DIABETES, let the doctor know so the appropriate changes can be made.**

YOU MAKE TAKE ANY OTHER MEDICATION NECESSARY TWO HOURS BEFORE THE TEST WITH A SIP OF WATER.

DIETARY MODIFICATIONS

The day before your appointment, you may have a normal breakfast and a normal lunch. After lunch, you may have **CLEAR LIQUIDS ONLY**. Please choose **CLEAR LIQUIDS** from the list below:

TEA
CLEAR BROTH
SODA

COFFEE
GATORADE
JELLO

JUICE
SPORTADE
(no milk or milk products)

After 10:00 pm, NOTHING PASSED ORALLY (do not drink or eat) except for necessary medications. If you smoke, you MUST abstain from smoking for at least 24 hours prior to your exam. If you smoke, images taken during the test may be obscured and the test may be invalid.

On the day of your appointment:

1. Wear comfortable two piece clothing so we can access your mid-section.
2. You will sign a consent form and you will be given the capsule to ingest. The staff will attach the recorder belt.
3. Do not eat or drink for the first TWO hours. After TWO hours, you may drink water. After FOUR hours, you may have a light snack. After the test is complete, you may resume a normal diet.
4. During the course of the test, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device.
5. The test lasts for eight (8) hours. Do not disconnect or remove the data recorder during the test. Avoid banging the recorder, do not expose the recorder to water, avoid strenuous physical activity and avoid bending and stooping.
6. Periodically verify that the small light on the top of the Data Recorder is blinking twice per second. If it stops blinking at this rate, record the time and call the office.

CONTACT THE OFFICE IMMEDIATELY IF YOU SUFFER FROM ANY ADOMINAL PAIN, NAUSEA OR VOMITING DURING THE COURSE OF THE TEST.

You will return to the office after 8 hours to have the data recorder removed. You will pass the capsule in your normal bowel movements and flush it away. There is no need to retrieve the capsule as the images have been captured by the data recorder.

The images from your study will be downloaded and read by a physician. Since there are many, many images to view, the results will not be available for at least two weeks, in some instances, three weeks.

You will be notified by telephone of the results of your Capsule Endoscopy.

As always, if you have any questions, please feel free to contact the office at 201-837-9449.