Indianapolis Gastroenterology and Hepatology

Small Bowel Capsule Endoscopy

Patient ________________________________

Appointment Date _________________________ Time _________________________

Doctor ________________________________

____ Indianapolis Gastroenterology
   Professional Building
   8051 S. Emerson Ave. Suite #200
   Indianapolis, Indiana 46237

____ Community Hospital South
   Registration Desk
   1402 E. County Line Rd.
   Greenwood, Indiana 46227

____ W S Major Hospital
   Outpatient Desk
   150 W. Washington St.
   Shelbyville, Indiana 46176

____ St Francis Hospital South
   Surgery Entrance
   8111 S. Emerson Ave.
   Indianapolis, Indiana 46237

____ St Francis Hospital, Beech Grove
   Ambulatory Surgery Area
   1600 Albany St.
   Beech Grove, Indiana 46107

____ Johnson Memorial Hospital
   Outpatient Desk
   1125 W. Jefferson St.
   Franklin, Indiana 46131

____ Mooresville Endoscopy Center
   1215 Hadley Road, Suite 101
   Mooresville, Indiana 46158

Upon receipt, immediately read this entire information completely.

General Information

INSURANCE: It is the patient’s responsibility to bring his/her insurance card, notify us of any insurance changes & obtain referrals if required.

-Please follow these instructions to avoid rescheduling your appointment.

-We will make every effort to keep your appointment; however, it is sometimes necessary to make adjustments to the schedule. Your cooperation is appreciated.

-If scheduled in our office, come to pick up the test equipment at 8 or 8:15 a.m. You will be asked to return the test equipment to our office usually around 4 p.m. the same day. Avoid Barium X-rays for one week before your test.

--If you have any questions or concern, please call our office at 865-2955 or Toll Free at 800-403-4683. For additional information visit our website at www.indygastro.com.

Please contact us immediately at (317)865-2955 Ext.483 or (800)403-4683 Ext.483 if you need to cancel, reschedule your appointment, or have questions. Two business days notice is required for canceling a procedure. Failure to do so will result in a $100.00 fee.
Small Bowel Capsule Endoscopy Testing involves swallowing a camera (the size of a large vitamin pill). The camera will pass naturally through your digestive system while taking pictures of your intestine. The pictures are stored in a walkman-like recorder device. After 8 hours you will return the equipment to our office. The Pillcam is disposable and passed naturally in your bowel movement.

**Medications:**

**Iron supplements:** Should be stopped 7 days before your testing.

**Daily medications:** Do not take any medication 2 hours before undergoing Small Bowel Capsule Endoscopy Testing. If you take daily morning medications, such as blood pressure medication, please take it 3 hours before your test time. Medications throughout the day may be resumed 4 hours after the start of the testing.

**Pacemakers & Internal Defibrillators:** Notify our Scheduling Staff if you have one of these devices.

**Sedation:** No sedation is required for Small Bowel Capsule Endoscopy.

**You will need to purchase from your local pharmacy:**

- One large bottle of Miralax Powder (generic can be used) No prescription needed.
- Generic Simethicone 80 mg. tablets. You need four tablets. No prescription needed.

**The Day Before Your Testing:**

NO SOLID FOOD OR DAIRY PRODUCTS ALL DAY. Drink only clear liquids for breakfast, lunch, and supper. You can have as much clear liquid as you like.

**Clear Liquid Diet Suggestions:**

- Water
- Clear fruit juice without pulp
- Apple juice, white grape juice
- Gatorade and Power-Aid
- Coffee and Tea without dairy products
- Popsicles
- Jell-O
- Carbonated beverages
- Clear broth or bouillon

**FOLLOW THESE INSTRUCTIONS FOR DRINKING YOUR PREP:**

- At 12 noon - Mix one capful (17 grams) Miralax Powder in 8 oz of clear liquid and drink. Repeat this process at 1 p.m., 2 p.m., 3 p.m., & 4 p.m. for a total of 5 glasses.
- Remain close to restroom facilities. Drink clear liquids to avoid dehydration.
- Nothing to eat or drink after 10 p.m.
On The Day Of Your Testing:

**Wear a thin, light weight T-shirt to the testing.** This can be worn under your shirt/blouse if you like.
- Take 4 (four), Simethicone 80 mg. tablets 20-30 minutes before your test.
- Remember NO solid food or dairy products before reporting for your test.
- Nothing to eat or drink for 2 hours after swallowing the pillcam.
- **You may have a light snack at 4 hours** after starting testing. You may resume your normal daily medications.
- Do not exercise or do heavy lifting. You may walk, sit, lay down or drive. You may return to work if your work allows avoiding unsuitable environments &/or physical activity.
- Avoid going near MRI machines or radio transmitters. You may use a computer, cell phone or radio.
- Try not to touch the recorder or belt. Do not remove the belt or get it wet.
- Observe the LED blue light on the recorder periodically. Notify our office if it stops blinking.
- Avoid standing next to another person undergoing Capsule Endoscopy.

After Your Procedure:

- This section tells you what to expect for the next 2 days after capsule endoscopy. Please call our office at 865-2955 for any questions.
  - **Pain** – Pain is uncommon. Please call our office should it occur.
  - **Nausea** – Nausea is uncommon. Please call our office should it occur.
  - **Diet** – You may resume your normal daily diet.
  - **Activity** – Following completion of your test, you may resume your normal daily activities.
  - **Medication** – You may resume your normal daily medications.
  - **Until The Capsule Passes** – Until you pass the capsule in your stool, avoid testing that includes any type of Barium or MRI. MRI testing should be postponed for 3-4 days after capsule endoscopy. Please call our office for any questions.
  - **The Capsule** – The capsule will pass naturally in your bowel movement, typically in 24 hours. Most likely, you will be unaware when it passes. It can be safely flushed down the toilet & doesn’t need to be returned. Occasionally the capsule lights will be flashing when it passes. Should you be concerned that the capsule did not pass, in the absence of symptoms, an abdominal x-ray can be done after 3 days to confirm passage.
  - **Your test results will be available in 5-10 working days.**