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## Capsule Endoscopy

Your physician has determined that as part of your medical evaluation you should undergo an examination known as Capsule Endoscopy. This procedure involves ingesting a small (the size of a large vitamin) Given Imaging M2A Capsule, which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the SensorArray, which is placed on your abdomen. The SensorArray is attached to a walkman-like Given DataRecorder which saves all the images. It is located on the RecorderBelt, which is worn around your waist. After eight hours, you will remove the RecorderBelt and return it to your physician for processing. The M2A Capsule is disposable and will be excreted naturally in your bowel movement. In rare cases that it will not excrete naturally, it will need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this exam, you will need to follow the instructions on the next two pages very carefully.

Occasionally, some images may be lost due to radio interference (e.g. from amateur (ham) radio transmitter, or MRI.) On rare occasions this may result in the need to repeat the Capsule exam. In this case, the physician will advise you to stay within the premises of the clinic during the capsule exam to prevent this from recurring.



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## Capsule Endoscopy

### The day before the exam:

1. After lunch on the day before the Capsule Endoscopy exam, start clear liquid diet.
2. At 4pm the night before the exam, drink 1/2 gallon colyte or Miralax.
3. At 11pm the night before the exam, do not eat or drink except for necessary medication with a sip of water.
4. **Do not take any medication 2 hours before the exam.**
5. Abstain from smoking 24 hours before the exam.
6. Stop iron supplements 5 days prior to exam.

### The day of the exam:

1. Arrive at the office at \_\_\_\_\_ dressed in loose fitting, two-piece clothing.
2. At the office, you will have a pre-procedure interview. During the interview, you should be informed that the Capsule Endoscopy is associated with a small chance of intestinal obstruction. You will be asked to sign an informed consent.
3. The SensorArray will be applied to your abdomen with adhesive pads and will be connected to the DataRecorder, which you will wear in a belt around your waist. After that you will be instructed to swallow the M2A capsule.

### After ingesting the M2A Capsule:

1. Do not eat or drink for at least 2 hours, then you may start clear liquids. After 4 hours, you may have chicken noodle soup with a few crackers. Contact your physician if you suffer from any abdominal pain, nausea or vomiting during Capsule Endoscopy.
2. Capsule Endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at any time during the period. Avoid sudden movement and banging of the DataRecorder.
3. Avoid any strenuous physical activity, especially if it involves sweating, and do not bend over or stoop during the exam.
4. After ingesting the capsule, and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio.
5. During the exam, you will need to verify every 15 minutes that the small light on the top of the DataRecorder is blinking twice per second. If it stops blinking at this rate, record the time and contact the physician's office. Return to the office with DataRecorder at the time instructed.



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## After Completing Capsule Endoscopy

1. You may return to your normal diet after completing the exam. You will be instructed by your physician on how to return the equipment at the end of the exam. Return the equipment at \_\_\_\_\_ . If you were instructed to remove the equipment by yourself, do the following:
  - A. Disconnect the SensorArray from the Battery Pack.
  - B. Take off the RecorderBelt (with the DataRecorder and Battery Pack).
  - C. Disconnect the Battery Pack from the DataRecorder.
  - D. Place the DataRecorder and Battery Pack in a safe place.
2. To remove the SensorArray from your abdomen, DO NOT pull the leads of the SensorArray! Peel off each adhesive sleeve starting with the non-adhesive tab without removing the sensor from the adhesive sleeve. Place the SensorArray with the rest of the equipment.
3. The DataRecorder stores the images of your examination. Handle the DataRecorder, RecorderBelt, SensorArray, and Battery Pack carefully. Do not expose them to shock, vibration, or direct sunlight, which may result in loss of information.
4. If you did not positively verify the excretion of the capsule from your body, and you develop unexplained post procedure nausea, abdomen pain, or vomiting, contact your physician.
5. Undergoing a MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the excretion of the capsule from your body, you should contact our physician for evaluation.