

INSTRUCTIONS FOR CAPSULE ENDOSCOPY

You have received a prescription for TriLyte/NuLyte. Have your prescription filled at a pharmacy. Purchase Gas-X (simethicone) over the counter at the pharmacy.

DAY BEFORE:

1. Mix TriLyte/NuLyte as instructed and store in refrigerator. Do not add flavoring to the TriLyte/NuLyte other than the flavoring packet that comes with the prescription.
2. Stay on a clear liquid diet for breakfast, lunch and dinner the day before the Capsule Endoscopy (jello [no red jello], clear apple juice, ginger ale, 7-Up, broth, bouillon, tea and coffee). **DO NOT** eat solid foods. Avoid all milk products and alcoholic beverages. **NO** iron medications should be taken the day before the procedure.
3. At 4:00 PM the night before the procedure, drink 2 liters (approximately half of the TriLyte/NuLyte solution). Drink 8 ounces every 10-20 minutes until finished. Between 7:00 PM and bedtime, drink at least 2 quarts of water.
4. **Nothing to eat or drink after 12 midnight.**
5. On the morning of the procedure, take one 80 mg tablet of Gas-X with 8 ounces of water ½ hour before arriving for the capsule endoscopy. **DO NOT** take any medication beginning 2 hours before undergoing Capsule Endoscopy.
6. Abstain from smoking 24 hours prior to undergoing Capsule Endoscopy.
7. Male patients should shave their abdomen 6 inches above and below the navel and area above each nipple and center of chest on the day of the procedure. If it is difficult for you to shave your abdomen, we will shave you at the time of your appointment.

DAY OF CAPSULE ENDOSCOPY:

1. Arrive at the office at the time noted above for your Capsule Endoscopy dressed in loose fitting, two-piece clothing.
2. A pre-procedure interview will be conducted upon arrival. During this interview, you will be informed that Capsule Endoscopy is associated with a small chance of intestinal obstruction. You will be checked in and asked to give your informed consent.
3. The Sensor Array will be applied to your abdomen with adhesive pads and will be connected to a Data Recorder which you will wear in a belt around your waist. You will be asked to ingest a capsule about the size of a vitamin pill.

AFTER INGESTING THE CAPSULE:

1. After ingesting the capsule, do not eat or drink for at least 2 hours.
2. After 4 hours, you may have a light snack. Follow liquid diet as stated above. You may include applesauce as a snack food.
3. Once the examination is completed, you may return to your normal diet.
4. **CONTACT THE OFFICE IMMEDIATELY IF YOU SUFFER FROM ANY ABDOMINAL PAIN, NAUSEA OR VOMITING DURING CAPSULE ENDOSCOPY.**
5. 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.
6. Occasionally, some images may be lost due to radio interference (MRI, amateur radio transmitter, etc.). On rare occasions, this may result in the need to repeat the capsule endoscopy examination. In this case, your doctor will advise you to stay within the premises of the office during the capsule endoscopy to prevent this problem from recurring.
7. Capsule endoscopy lasts approximately 8 hours. Do not disconnect the equipment or remove the belt at any time during this period. Since the Data Recorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the Data Recorder.
8. You will be provided with additional adhesive pads in the event one of the sensors falls off. Should this happen, replace the adhesive pad and annotate this information on the Capsule Endoscopy Event Form attached.

9. During capsule endoscopy, you will need to verify every 15 minutes that the small light on top of the Data Recorder is blinking twice per second. If, for some reason it stops blinking at this rate, record the time and contact your doctor. You should also record the time and nature of any event such as eating, drinking, your activity and unusual sensations. Return the Event Form attached with these notes to your physician at the time you return the equipment.
10. Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during capsule endoscopy.

AFTER COMPLETING CAPSULE ENDOSCOPY:

1. You will be instructed by office staff on how to return the equipment at the end of the capsule endoscopy.
2. If you did not positively verify the excretion of the capsule from your body and you develop unexplained post-procedure nausea, abdominal pain or vomiting, contact the physician for evaluation and possible abdominal x-ray examination.
3. Undergoing an 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 the doctor for evaluation and possible abdominal x-ray before undergoing an MRI examination.

CAPSULE ENDOSCOPY EVENT FORM

Patient Name		ID #	
Office		Date	
Time	AM PM	Event (eating, drinking, activity and unusual sensations)	
:	AM	Capsule ingestion	
:	AM	Clear liquids (7-up, ginger ale, apple juice)	
:	AM	Light snack (clear soup or chicken noodle soup, jello [no red], applesauce, coffee, tea [no milk products])	
:	PM	Return to office	
RECORD ANY UNUSUAL EVENTS/SENSATIONS BELOW			
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Who to call in case of need:	Time to return to office	
856-996-4001 Ext. 116 Ask for a nurse	Special Instructions:	
	Time:	
	• Do not eat or drink for 2 hours after ingesting capsule.	
	Time:	
	• You can have a light snack 4 hours after ingestion. See above list.	