

Video Capsule Endoscopy - Miralax/Dulcolax

Exam Date: _____ Arrival Time: _____

Exam will be performed at: CHA Somerville GI Center - 33 Tower Street Somerville, MA 02143
Check in at: GI Center

If you have any questions or need to speak to a nurse: Please call 617-591-4453, Mon – Fri 7:30 am - 4 pm

To reschedule or cancel, 72 hours (3 days) in advance: Please call 617-591-4402, Mon – Fri, 8 am - 4 pm

Capsule Endoscopy: About the Procedure

Your physician has determined that as part of your medical evaluation you should have an examination known as Video Capsule Endoscopy. This procedure involves swallowing a small capsule (the size of a large vitamin pill) that contains a tiny camera. This capsule will pass naturally through your digestive system while taking pictures of your intestines. For 12 hours you will wear a special belt that gets the pictures from the capsule and sends them to the data recorder attached to the belt. The recorder will receive and store the data. After 12 hours, you can remove the equipment and you are free to resume your normal diet.

A specially trained Gastroenterologist will then review the pictures. The capsule is disposable and will pass naturally in your bowel movement. In the rare case that it is not passed naturally, it may need to be removed by having surgery. You will need to drink a laxative to clean out your intestines. In order for your Gastroenterologist to get the most accurate information from this examination you will need to follow the instructions below.

Your laxative has been sent to: _____

1 Day Before The Test

- Prepare laxative: mix Miralax 238 grams powder with 64 ounces of Gatorade and put in the refrigerator.
- At 1 PM take 4 Dulcolax tablets
- Plan on having a light dinner no later than 4 PM.
- After dinner, start drinking one glass (8 ounces) of laxative every 30 minutes until finished. Be sure to stay close to a bathroom once you start the prep. **It's very important to finish the entire laxative solution.** This will empty your colon to complete the test without problems.
- You may drink **clear liquids until midnight.**

Clear Liquids	Not Clear Liquids
Water, Gatorade, Powerade, or Pedialyte	No red or purple items
Black coffee or tea (no milk, cream)	No alcohol
Clear broth	No milk, cream, other dairy products
Ginger ale or Sprite	No noodles, rice, or vegetables in soup
Apple juice	No juice with pulp
Jell-o, popsicles	No liquid you cannot see through

1 Day Before The Test - continued

- Do not smoke for 24 hours before the Capsule Endoscopy.
- Do not have anything to eat or drink after midnight.
- You may take your regular nighttime medications with sips of water. Please follow specific diabetes medication sheet, if applicable.

DAY OF CAPSULE ENDOSCOPY

- The morning of the test, you can take your other medications Before 6 AM with only a sip of water. These include blood pressure pills, seizure, heart, or thyroid medications, etc.
- Do not take pills for diabetes. If you have diabetes, please follow the diabetes medication preparation for people with diabetes handout.
- Arrive at the GI Center at the prescribed time, dressed in loose fitting for example, two piece cotton clothing.
- When you arrive at the GI Center, you'll talk with a nurse who has special training in patients with digestive disorders. The nurse will ask questions about your medications, your medical and surgical history.
- The procedure will be explained to you again by the nurse or physician and you will be asked to sign an informed consent. The major risks of the procedure include the capsule getting stuck, if your bowel is abnormally narrowed, not seeing a problem that is there, and choking while swallowing the capsule.
- The monitoring equipment will then be applied to you and you will be asked to swallow the capsule containing the tiny camera.

After Swallowing the Capsule: On the day of the capsule

- Do not eat or drink anything for 3 hours. You can then have water only. After 6 hours you can have clear liquids. After 12 hours you can remove monitoring equipment and return to your normal diet.
- After you swallow the capsule you can go home and resume your normal activities, but you should avoid any strenuous physical activity, especially any activity that will cause you to sweat or cause banging of the equipment. You should also try to avoid bending over while the equipment is attached. It is best to move about rather than sleep all day because the movement helps move the pill along.
- Contact the GI Center and/or seek Emergency care immediately if you develop abdominal pain, nausea or vomiting after you swallow the capsule.
- The capsule endoscopy lasts 12 hours. Do not disconnect the equipment or remove the belt at any time during this period. The recorder is actually a small computer and it should be treated with care. Avoid sudden movement and banging the recorder. Do not get the recorder wet.
- After swallowing the capsule and until it passes with your bowel movement you should not have an MRI or be near any source of powerful electromagnetic fields such as an amateur ham radio.

DO NOT RETURN THE CAPSULE AFTER IT PASSES. FLUSH IT WITH YOUR BOWEL MOVEMENT.

PLEASE RETURN THE EQUIPMENT THE NEXT DAY TO THE GI FRONT DESK BETWEEN 7-11AM.