

KASSAMO DAYEMO, M.D.

Gastroenterology Board Certified

Digestive and Liver Disease Care

843 Ivey River Road • Charleston, SC 29407
(843) 763-0503 • (843) 763-0514 FAX

Patient Information and Instructions for undergoing Capsule Endoscopy

Your doctor has determined that as a part of your medical evaluation you should undergo a test known as Capsule Endoscopy. This procedure involves ingesting a capsule, the size of a large vitamin pill, which will pass naturally through your digestive system while taking pictures of the intestines. The images are transmitted to sensors that are placed on your abdomen. These sensors are attached to the Walkman-like data recorder that is worn around your waist and which will save all images. After 8 hours that data recorder will be taken off and returned to your physician for processing. The capsule is disposable and will excrete naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will have to be removed through an endoscope or surgically.

In order for your physician to get the most accurate information from this test, you will need to follow the directions listed below.

1. The day before the test begin with Clear liquid diet from the moment you get up. After 10 P. M. the evening before the test, please do not eat or drink anything except for necessary medication with a sip of water.
2. Take one Gas X an hour before your test.
3. For Males: On the day prior to the capsule endoscopy, please shave your abdomen between the chest and groin area.
4. Please avoid the use of any powder, body oil and lotions on your skin between your groin and chest area. This includes the use of bath oils. Your skin needs to be clean and dry so that sensors applied to your abdomen will adhere.
5. Please arrive and check in at Digestive and Liver Disease Care on your schedule time and date.
6. You will go through a brief interview. During this interview you will be informed that Capsule Endoscopy is associated with a small risk of intestinal obstruction. Therefore, we will ask you when you had your last bowel movement and whether you have had any recent vomiting.
7. It is very important that everyone wear loose, 2 pieces clothing for the test. Sensors will be applied to your abdomen with adhesive pads and will be connected to the data recorder which you will wear in a belt around your waist.
8. You will be instructed to swallow the capsule. It is about the size of a large vitamin pill. After swallowing the capsule, do not eat or drink for at least 2 hours. After 2 hours, you may have clear liquids to drink. After 4 hours you may have a light snack. After completing the study, you may return to your normal diet. These instructions apply unless your physician specifies otherwise.
9. Contact your physician immediately if you have any abdominal pains, nausea or vomiting any time after ingesting the capsule.

10. After swallowing the capsule and until it excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur ham radio.
11. Occasionally, some images may be lost due to radio interference. On rare occasions this may result in the need to repeat the capsule procedure. In such a case, the doctor will advise you to stay within the premises of the hospital/ office for duration of the capsule procedure to prevent this problem from recurring.
12. The Capsule Endoscopy test will last 8 hours. During the test try to avoid any strenuous physical activity. Do not bend or stoop. In addition, you should not remove the belt at any time during this period. Since data recorded is actually computer, it should be treated with utmost care and protection. Avoid sudden movements and bagging of the data recorded.
13. Every 15 minutes during capsule endoscopy test you will need to verify that the small light on the top of the recorder is blinking. If for some reason it stops, please record the time and contact the office. Also record the time and nature of any event such as eating, drinking and unusual sensations, Return these notes to the nurse at the time you return the equipment.
14. At the end of 8 hours, return to the office / hospital to have the sensors and data recorder removed.
15. If you cannot positively verify excretion of the capsule from your body, and you develop unexplained post procedure abdominal pain, vomiting or other symptoms of obstructions, contact your physician for evaluation and possible abdominal X-ray examination.
16. Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you cannot positively verify the excretion of the capsule from your body, you should contact your physician for evaluation and possible abdominal x-ray before undergoing an MRI examination.

Your test is scheduled for: _____
(Date)

At _____.
(Time)

Please report to outpatient registration 30 minutes before your test.