



Gastroenterology - East
 1111 NE 99th Avenue, Suite 301
 Portland, Oregon 97220
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Capsule Endoscopy (M2A) Preparation Instructions

Procedure Date: _____

Arrival Time: _____ AM / PM

Location: Gastroenterology – East at Gateway
 Suite # 301
 1111 NE 99th Avenue, Portland, Oregon 97220

Your provider has determined that as part of your medical evaluation you should undergo a test known as **Capsule Endoscopy (M2A)**. This procedure involves ingesting a small imaging capsule (about the size of a large vitamin pill). The capsule will pass naturally through your digestive system while taking pictures of the intestine. These images will be stored on a data recorder. After eight hours, the data recorder will be taken off and returned for processing. The Capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it may have to be removed endoscopically or surgically.

For your provider to get the most accurate information from this test, you will need to follow the directions listed below.

WHAT YOU WILL NEED:

- **Colyte Prescription** – laxative solution to be filled at your pharmacy. Your pharmacist may substitute GoLyte, NuLyte, or TriLyte if Colyte is not available (they are all interchangeable).

PREPARATION AND INSTRUCTIONS:

DAY PRIOR	
<p>DATE: _____</p> <p>LAXATIVE PREP</p>	<p>Consume your normal diet BUT eat a <u>light</u> dinner.</p> <p>Two Hours After Dinner:</p> <ul style="list-style-type: none"> ▪ Add 4 quarts of tap water into the Colyte, mix until completely dissolved. ▪ Discard two quarts (half) of the mixture (you will only be drinking two quarts). ▪ Begin drinking one glass of the mixture every 10 minutes until gone. It is important that you consume ALL the mixture. ▪ You can expect to have multiple bowel movements soon after. ▪ Continue to drink clear liquids all evening.

DAY OF PROCEDURE	
<p>DATE: _____</p> <p>WEAR LOOSE FITTING CLOTHES</p> <p>CONSENT</p> <p>SENSOR BELT and CAPSULE INGESTION</p>	<p>Please take your regular medications.</p> <p>Do not eat or drink for 8 hours prior to your procedure.</p> <p>It is important that you wear loose fitting clothes (no dresses) in order to accommodate the equipment, you will be wearing home. The sensors can be placed over one layer of clothing.</p> <p>You will go through a pre-procedure interview at which time you should be informed that Capsule Endoscopy is associated with a small chance of intestinal obstruction (1-2%). You will be checked-in and asked to give your consent.</p> <p>The sensor belt will be placed on your abdomen and will be connected to the data recorder. After that, you will be instructed to ingest the Imaging Capsule.</p>
<p>AFTER INGESTION</p> <p>** Contact your physician immediately if you have any abdominal pain, nausea, or vomiting any time after ingesting the Capsule **</p>	<p>Every 15 minutes during the test:</p> <ul style="list-style-type: none"> • Verify that the small blue light on top of the data recorder is blinking. • If for some reason it stops, please record the time and contact your physician. If you have a bowel movement and pass the capsule early please note the time and return the equipment (not the capsule). <p>Two (2) hours after swallowing the capsule:</p> <ul style="list-style-type: none"> • Do not eat or drink anything. • After the initial 2 hours, you will be able to drink clear liquids (water, apple juice, etc. NOTHING RED) <p>Four (4) hours after swallowing the capsule:</p> <ul style="list-style-type: none"> • You may have a light snack and continue drinking clear liquids. • Again, DO NOT eat or drink anything red. <p>After completion of the study, you may return to your normal diet.</p> <p><i>The above instructions related to eating apply unless your physician specifies otherwise.</i></p>

ADDITIONAL INSTRUCTIONS	<ul style="list-style-type: none"> ▪ The study will last 8 hours. ▪ During this time try to avoid any strenuous physical activity. ▪ Do not bend or stoop. ▪ You should not remove the belt at any time during this period. The data recorder is a small computer and should be treated with utmost care and protection. Avoid sudden movements and banging of the data recorder.
	<ul style="list-style-type: none"> ▪ 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. ▪ Occasionally, some images may be lost due to radio interference (e.g. from amateur radio transmitter, MRI, etc.). 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 clinic for the duration of the capsule procedure to prevent this problem from recurring. ▪ The data recorder holds the images of your examination. Handle the data recorder, recorder belt, sensors, and battery pack carefully. Do not expose them to shock, vibration, or direct sunlight, which may result in loss of information.
AFTER THE PROCEDURE	
	<p>At the end of 8 hours:</p> <ul style="list-style-type: none"> ▪ Return to the facility to have the data recorder removed. <p>You should look for the Capsule in your stool. There is no need to retrieve the capsule. You do not need to return the capsule to the clinic.</p> <ul style="list-style-type: none"> ▪ If you cannot positively verify the excretion of the Capsule from your body, or if you develop unexplained post-procedure abdominal pain, vomiting, or other symptoms of obstruction, contact your physician for evaluation and possible abdominal x-ray examination. <p><i>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 before undergoing an MRI examination</i></p>