

Sharp Rees-Stealy San Diego  
Department of Gastroenterology

**Your Appointment Information:**

Date: \_\_\_\_\_  
Time: \_\_\_\_\_  
\*Arrival Time: \_\_\_\_\_  
Physician: \_\_\_\_\_

**You are scheduled to receive a WIRELESS  
CAPSULE  
ENDOSCOPY EXAM.**

**Please read all of the following information  
carefully and ahead of time so that you can  
be adequately prepared for this procedure.**

**Do not hesitate to contact your doctor or call  
(858) 939-6536,  
8 a.m. to 5 p.m., Monday through Friday, or  
(858) 499-2600, after 5 p.m. or weekends,  
with any questions or concerns.**

**WHAT IS A WIRELESS CAPSULE ENDOSCOPY?**

Wireless capsule endoscopy is an exam that looks at the esophagus, stomach lining and small intestine with a tiny, wireless camera. The camera sits inside a vitamin-sized capsule that you swallow. As the capsule progresses naturally down your digestive tract, the camera within the pill will capture two (2) images per second. The pictures are transmitted from the capsule via the antenna sheet attached to your abdominal area to the recorder secured to your waist. All of the pictures are stored on the recorder. The antenna unit and the recorder are removed when the procedure is completed.

**During the examination, there is a slight possibility of unexpected retention of the capsule. In the worst case, surgical removal of the capsule may be required.**

Patients with any of the following conditions may not be able to undergo the procedure:

- Cardiac pacemaker, implanted cardiac defibrillator or other implanted electronic devices
- Known intestinal strictures, adhesions, diverticulum, obstruction or fistulas that may block the passage of the capsule endoscope
- Swallowing disorders
- Inability to undergo surgery to remove the capsule if retention of the capsule occurs
- Pregnancy
- Known significant delay in passing through of the capsule endoscope in the gastrointestinal tract
- Diagnosis of radiation enteritis

We want your endoscopy exam to be as comfortable and successful as possible and your attention and adherence to these guidelines is vital to this success. Please read this entire information packet and follow all of the instructions without skipping or altering any of the steps.

## HOW TO PREPARE FOR YOUR WIRELESS CAPSULE ENDOSCOPY

- **Purchase preparation materials at any Pharmacy prior to leaving the medical center.**
- You will need to purchase one bottle of **Magnesium Citrate** and **Simethicone 125mg tablets** in preparation for your exam.
- **Purchase clear liquids – the consumption of solid food is restricted prior to your procedure**
- Acceptable clear liquids include the following (avoid red- or purple-colored liquids):
  - Strained fruit juices without pulp (such as apple, white grape and lemonade) – *no purple or red varieties*
  - Water
  - Clear broth or bouillon
  - Coffee or tea (without milk, cream or non-dairy creamer)
  - Gatorade/sports drinks – *no purple or red varieties*
  - Carbonated and non-carbonated soft drinks – *no purple or red varieties*
  - Plain Jell-O/gelatin dessert (no added fruit or toppings) – *no purple or red varieties*
  - Popsicles – *no purple or red varieties*
- **If you take medications, talk to your prescribing doctor(s) at least one week prior to your endoscopy**
  - You will need to stop taking oral iron products one week prior to your procedure. You may continue all other medications including anticoagulants (medications that slow the clotting of your blood) and your daily multivitamins.
  - If you are a diabetic, please discuss the dosing of your medications with the doctor that monitors your diabetes. Most diabetic patients are comfortable taking ½ of their diabetic medication the day before their procedure and none the morning of their procedure.
  - It is important that you take critical medications several hours before your capsule endoscopy, as you will be unable to take these medications for several hours after your capsule endoscopy.

- **Mark your calendar for your procedure and plan for a visit lasting 15-30 minutes.**
  - Your wireless capsule endoscopy procedure will take approximately 15 minutes.
  - It is not necessary to remain in the clinic area during this examination. You are encouraged to continue your daily routine, but do not remove the equipment you will be wearing

## WIRELESS CAPSULE ENDOSCOPY PREPARATION INSTRUCTIONS

Excellent preparation is crucial to assure an accurate and effective endoscopy. Please follow these instructions fully and do not hesitate to contact your doctor's office if you have any questions or concerns.

### ⊕ ONE WEEK BEFORE YOUR PROCEDURE

- Stop taking oral iron products.

### ⊕ ONE DAY BEFORE YOUR PROCEDURE

- Start a clear liquid diet at breakfast (see the list of acceptable clear liquids earlier in these instructions).

### ⊕ 7 P.M. BEFORE YOUR PROCEDURE

- Take ten (10) ounces of Magnesium Citrate.

### ⊕ 9 OR 10 P.M. BEFORE YOUR PROCEDURE

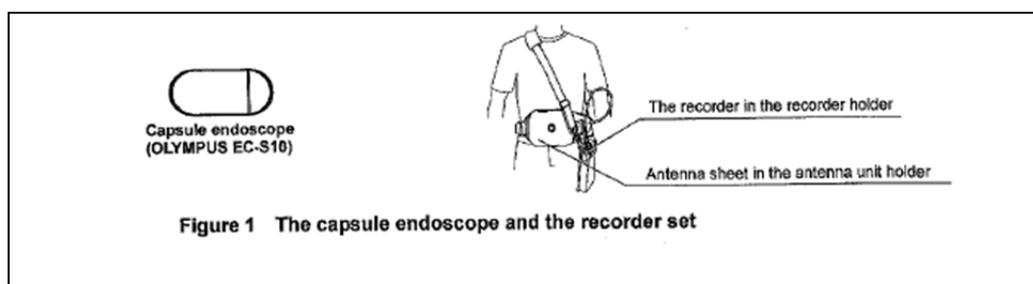
- Take two (2) Simethicone 125 mg. tablets.

### ⊕ MIDNIGHT BEFORE YOUR PROCEDURE

- Do not take anything by mouth, including liquids – clear or other – after midnight on the night prior to your procedure.

### ⊕ MORNING OF YOUR PROCEDURE

- Take your morning medication before 7 a.m. with only a sip of water.
- Your procedure will only take 15 minutes and it is not necessary for you to have someone escort you home from this procedure. You will be able to retain your normal routine and drive a car or walk after the procedure.
- Please wear comfortable clothing to the appointment. Avoid wearing a dress or a one-piece suit. Separate cotton pieces are recommended.
- When you arrive for your appointment, a Velcro® belt will be placed around your waist and a small, purse-like pouch will be placed around your neck or shoulder. You will then be asked to swallow the vitamin-sized camera capsule. You will wear the equipment for nine (9) hours.
- You are allowed only a thin layer of clothing to be placed between the body and the antenna unit holder. The antenna unit holder will be used to attach the antenna unit to your abdominal area



## **POST-WIRELESS CAPSULE ENDOSCOPY INSTRUCTIONS**

### **IMMEDIATELY AFTER YOUR PROCEDURE**

- Do not eat or drink for two (2) hours after you have swallowed the capsule endoscopy.
- You may return to your normal activities after ingesting the capsule. Because we want the sensors to remain on your abdomen, please avoid rigorous exercise. If one of the sensors becomes dislodged from your abdomen, simply place the adhesive side back on your abdomen in any position. Do not become concerned – the remaining sensors will transmit the pictures, even with several sensors detached.
- Avoid other patients also undergoing wireless capsule endoscopy. Although the transmission distance is limited, it is possible that your capsule images could be altered.
- You may not have an MRI while the capsule endoscopy remains in your body. Do not schedule a wireless capsule endoscopy and an MRI for the same day to avoid injury of your internal organs. Should you require an MRI in the future and have not seen the capsule evacuated in your stool, discuss this with your doctor. An x-ray of your abdomen can show if the capsule has been evacuated. Talk to your doctor if you will be receiving other medical treatments during the examination.
- You may operate electrical equipment while undergoing your capsule endoscopy. It is not likely that any household or office equipment will interfere with this examination. You may use cell phones, computers, remote TV appliances, microwaves, MP3 players and digital cameras. Because the capsule endoscopy equipment is somewhat ominous in appearance, we recommend you avoid the airport, bank and government buildings. Many museums use a similar technology for security and it is also best to avoid these environments.
- The capsule endoscope contains metal parts. While it is in your body, stay away from equipment that generates strong magnetic fields (MRI equipment, amateur radio, etc.) to avoid injury of your internal organs and do not use radio transmitting devices, such as keyless entry devices or stay in an area where others may use them frequently to reduce the possibility of dropped video frames caused by the use of these devices. You cannot fly in an airplane until the examination is completed.

Seek medical assistance if you develop extreme abdominal pain, bloating, fever, nausea and vomiting at any time after your procedure. These may be signs of obstruction in your intestine and may require medical intervention.

- The capsule endoscopy will pass naturally in your stool after some time. It is not necessary to retrieve or return the capsule. The images are stored in the equipment you have worn on your belt. You may safely flush the used capsule for disposal. Do not be alarmed if the capsule endoscopy is still actively “blinking” when passing it during stooling. You may dispose of the blinking capsule in the same manner, by flushing.

 **HOURLY AFTER YOUR PROCEDURE**

- Throughout the day, open the top part of the patient pouch and confirm the green light is blinking. If it is not blinking, please contact the clinic.

 **TWO (2) HOURS AFTER YOUR PROCEDURE**

- You may drink clear liquids (see the list of acceptable clear liquids earlier in these instructions).
- You may return to taking your routine medications.

 **THREE (3) HOURS AFTER YOUR PROCEDURE**

- You may have something light to eat. We suggest a ½ sandwich and something clear to drink.

 **FOUR (4) HOURS AFTER YOUR PROCEDURE**

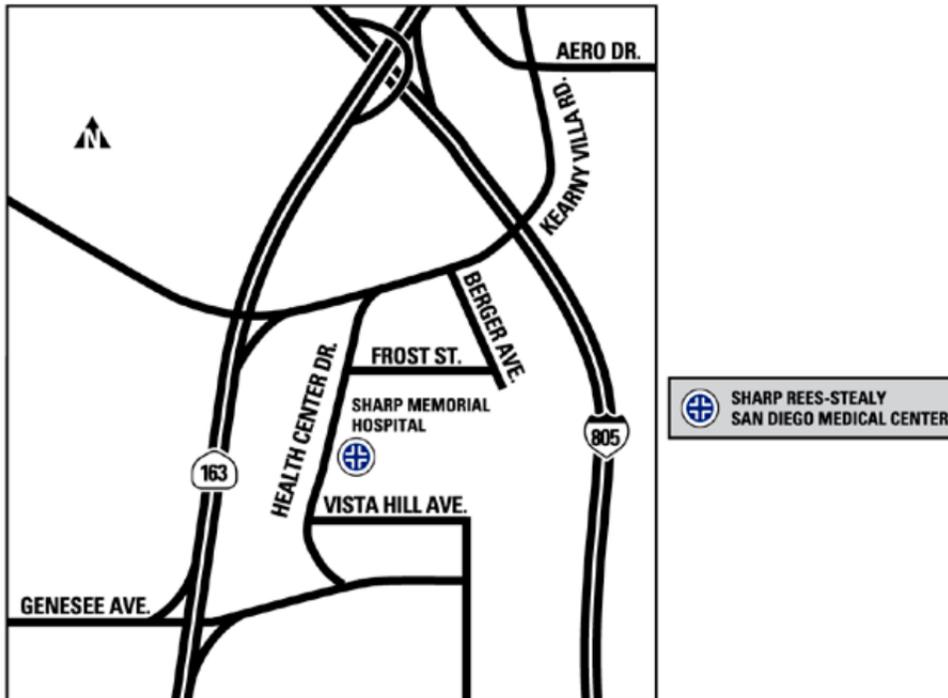
- You may return to your usual diet.

 **NINE (9) HOURS AFTER YOUR PROCEDURE**

- At the end of nine hours, return to the clinic as advised by your capsule endoscopy personnel. The capsule will pass naturally in your stool and may be safely flushed down the toilet for disposal.

 **ONE DAY AFTER YOUR PROCEDURE**

- If you stopped taking oral iron for this procedure, you may resume taking it as prescribed by your doctor.



## **DIRECTIONS TO SHARP REES-STEALY SAN DIEGO**

**2929 Health Center Drive, San Diego, CA 92123**

**Directions to Sharp Rees-Stealy San Diego Medical Center from I-163 traveling south**

- Exit Genesee Avenue, turn left/east
- Turn left on Health Center Drive
- Pass Vista Hill Avenue
- The medical center is on the right, just before you get to the parking structure
- Turn right at the entrance to Sharp Rees-Stealy San Diego Medical Center
- Turn right at your first opportunity
- Patient parking is located in the surface lot south of the SRS building

**Directions to Sharp Rees-Stealy Medical Center from I-163 traveling north**

- Exit Genesee Avenue, turn right/east
- Turn left on Health Center Drive
- Pass Vista Hill Avenue
- The medical center is on the right, just before you get to the parking structure
- Turn right at the entrance to Sharp Rees-Stealy San Diego Medical Center
- Turn right at your first opportunity
- Patient parking is located in the surface lot south of the SRS building

**Directions to Sharp Rees-Stealy San Diego Medical Center from I-805 traveling north**

- Exit Mesa College Drive/Kearny Villa Road, turn left/west
- Turn left on Health Center Drive
- Pass Frost Street
- The medical center is on the left, just past the parking structure
- Turn left at the entrance to Sharp Rees-Stealy San Diego Medical Center
- Turn right at your first opportunity
- Patient parking is located in the surface lot south of the SRS building

**NOTE: If traveling south from I-805, there is no south-bound exit from the I-805 freeway. It is best to transfer to I-163, and then follow those directions above to the medical**