

Video Capsule Endoscopy

What is the Video Capsule Endoscopy Procedure?

It is an endoscopic examination of the small intestine and does not replace an upper endoscopy or colonoscopy.

The procedure involves swallowing a small capsule called the PillCam™, (the size of a large vitamin pill) which passes naturally through the digestive system while taking pictures of the intestine.

Video images are transmitted to a recorder, which is attached to a belt worn around the waist for 12 hours.

The capsule is single use, disposable, and will be excreted naturally in a bowel movement.



Important Points

- You will be contacted in 1-2 weeks with your appointment date and time. At this time you will also be provided with instructions for cleansing your small bowel.
- Remind your physician if you have insulin dependent diabetes.
- Any medications containing iron must be discontinued 5 days before your procedure.
- Do not take any Aspirin or Aspirin-containing drugs for 72 hours before your procedure.
- Purchase the electrolyte “Colyte” solution at your local pharmacy for your bowel prep the day before.

Bowel Preparation Instructions

5 days before your procedure

- Stop eating any foods that contain seeds, such as grapes, berries, cucumbers, sesame seeds, poppy seeds, and figs.
- Stop eating popcorn.

2 nights before your procedure

- If you have constipation, take a laxative such as Milk-of-Magnesia, Agarol, etc.

The day before your procedure

- After a light lunch, **do not** have solid food or milk products after 12:00 noon.
- **Drink plenty of clear fluids** such as fruit juice (no pulp), water, soft drinks, Gatorade, lemonade, clear broth or consommé, coffee and tea with no milk (you may add sugar). You may also have clear jell-o, and popsicles.
- Instructions for Bowel Prep for cleansing your small bowel:

- You are required to drink 2 litres of Colyte
 - Begin drinking at 6:00pm
 - For best results, Colyte should be consumed in 1 to 2 hours.
- If you are unable to finish drinking the solution within the specified time, **continue to drink the remainder as quickly as you can tolerate it.** It is important to drink the entire solution.
- Do not have anything to drink after midnight.
- If the resulting diarrhea causes rectal irritation, you may apply Vaseline to the area if you wish.

The Day of the Video Capsule Endoscopy Procedure

- You may take your usual morning dose of blood pressure or heart pills up to 2 hours before the procedure.
- You are required to wear a thin shirt of natural fibre cloth (e.g. cotton).
- Bring your Health Card with you.
- **Upon arrival in unit**
 - A belt will be placed around your waist.
 - The belt connects to a recorder held in a pouch with a shoulder strap.
 - You will be required to swallow the Capsule with water.

During the Procedure

- You must wear the belt and recorder for 12 hours.
- Please record your activity on the capsule endoscopy event form, e.g., eating, drinking, any unusual sensations.
- You may drink clear fluids 2 hours after swallowing the capsule, **except** carbonated beverages (e.g. Gingerale).
- You may have a light snack 4 hours after swallowing the capsule and may take your medication at this time.
- **You must avoid** going near MRI machines or radio transmitters.
- **You should avoid** exercise and physical activity that involves bending, heavy lifting or sweating. You may walk, sit, and drive a car. You may return to work.
- You should not be immobile for more than 30 minutes.
- At the end of 12 hours the belt and recorder can be taken off and placed in the bag provided.
- Return equipment to the GI Function Unit as per the arranged time.

After the Procedure

- The capsule passes naturally in a bowel movement, usually in 1 to 2 days. Most likely you will be unaware of its passage.
- It does not need to be retrieved and can safely be flushed down the toilet.
- You must call your doctor's office within 3 days after your procedure to report whether you have or have not passed the capsule.
- MRI procedures should be delayed until the capsule has passed.

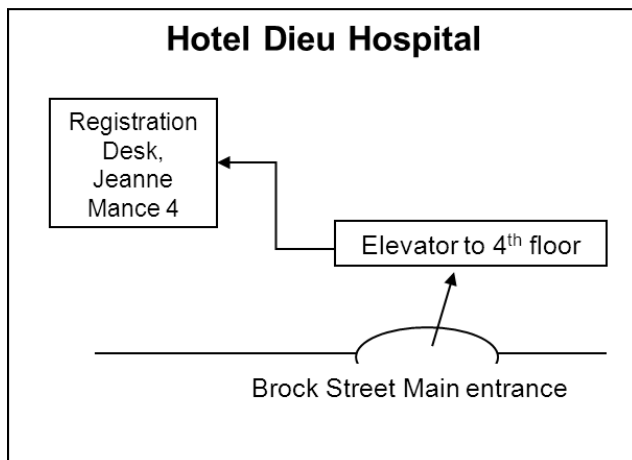
Complications

Adverse effects and serious complications are very rare. However, any medical procedure carries some risks, which vary depending on your overall health. Video capsule endoscopy is generally safe and has a very low risk, however one of the following complications may occur in rare instances:

- Bleeding could occur due to mucosal injury. This usually stops by itself, but on rare occasions may require surgery.
- The capsule may cause an obstruction or puncture a hole through the bowel wall, which would have to be repaired by surgery.

Where do I go for the procedure?

This procedure is performed in the Gastroenterology (GI) Function Testing Unit, 4th Floor, Room 473, Hotel Dieu Hospital. Please report to the Jeanne Mance 4 Registration Desk.



If you have any problems or questions, phone the GI Function Testing Unit at 613-544-3400 ext. 2417:

- Monday & Friday 8:00am to 12:00pm
- Tuesday, Wednesday and Thursday 8:00am to 2:00pm