INDIANA UNIVERSITY HEALTH

GI MOTILITY LAB

&

GASTRIC ELECTRICAL STIMULATION PROGRAM

VIDEO CAPSULE ENDOSCOPY

VIDEO CAPSULE ENDOSCOPY- Your physician has ordered this test, which examines the lining of the middle part of your gastrointestinal tract, which includes the three portions of the small intestine (duodenum, jejunum, ileum). This part of the bowel cannot be reached by traditional upper endoscopy or by colonoscopy.

How Do I Prepare For The Procedure?

1. ***The day before your procedure*** you may have a light breakfast, clear liquids until 7:00 p.m. and sips of water until midnight. If you are diabetic, this may involve adjusting your diabetic medications.
2. ***Stop taking iron 1 week prior to the test***, including iron infusions, multi-vitamins, pre-natal vitamins, and birth control pills containing iron.
3. If you are taking morning medications, take them by 5AM, the morning of your study with small sips of water.
4. The procedure may not be safe for you if: (discuss with your referring physician)
    a. You have a cardiac pacemaker, defibrillator or other implantable electrometrical device.
    b. Have known or suspected bowel obstruction
    c. Have a history of bowel obstructions, fistulas, or strictures
    d. Have a swallowing disorder
5. The procedure may require an upper endoscopy with conscious sedation if you have difficulties ingesting the capsule or if you have delayed stomach emptying. This should be discussed with your referring physician prior to scheduling the procedure.
6. ***Please complete the enclosed forms. Bring all up to date insurance information and identification to your appointment, as well as complete names, addresses, phone and fax of all doctors you want to receive a copy of the report***. Medicare does not require preauthorization or precertification for this this procedure; however, many private insurance carriers and managed care organizations do. We recommend you contact your insurance company prior to your procedure, if you have any questions about coverage.

7. ***PLEASE ARRIVE 30 MINUTES PRIOR TO YOUR SCHEDULED PROCEDURE TIME.***
    a. Check-in at the Front Admitting Area located on the first floor of University Hospital, 550 N. University Blvd, Indianapolis Indiana.
    b. Once registration is completed, the registration clerk will notify the Motility Clinic of your arrival. Proceed to the ***Central Elevators***.
    c. Take them to the 5th floor, (5601) and wait in the chairs immediately to the left of the elevators. The motility nurses will escort you to the Motility Lab.
    d. Please use valet parking, which is available under the glass canopy

Why am I having this test done?

The most common reason for doing capsule endoscopy is to search for a cause of bleeding from the small intestine. It may also be useful for detecting polyps, inflammatory bowel disease (Crohn's disease), ulcers and tumors of the small intestine.

What does the procedure involve?

The nurse or technician will prepare you for the examination by applying a sensor device to your abdomen (this is like a belt) and you will carry around a recorder in a bag. The pill-sized capsule endoscope is swallowed and passes naturally through your digestive tract while transmitting video images to a data recorder for approximately 8 hours. At the end of the procedure, you will return to the office and the data recorder is removed so that images of your small bowel can be put on a computer screen for physician review. ***Please note that you cannot mail the equipment back to the lab. The equipment must be returned the same day of your study***.

Most patients consider the test comfortable. The capsule endoscope is about the size of a large pill. After ingesting the capsule and until it is excreted, you must not be near a magnetic resonance imaging (MRI) device or schedule an MRI examination.

You will be able to drink clear liquids after two hours and given instructions on the foods which you can eat after four hours following the capsule ingestion, unless your doctor instructs you otherwise. You will have to avoid vigorous physical activity such as running or jumping during the study. Your doctor generally can tell you the test results within 2 weeks following the procedure.

What are the possible complications of Video Capsule Endoscopy?

Although complications can occur, they are rare. There is potential for the capsule to be stuck at the narrowed spot in the digestive tract resulting in bowel obstruction. This usually relates to a stricture (narrowing) of the digestive tract from inflammation, prior surgery, or tumor. It is important to recognize obstruction early. Signs of obstruction include unusual bloating, abdominal pain, nausea or vomiting. You should call your doctor immediately for any such concerns. Also, if you develop a fever after the test, have trouble swallowing or experience chest pain, tell you doctor immediately. Be careful *not to prematurely disconnect the system,* as this may results in loss of pictures being sent to your recording device. You may be contacted to have an X-ray study to confirm that the capsule has passed, if the physician interpreting the study determines that it has not left the small intestine at the end of the 8-hour video recording.

****If you should have any questions regarding your medications please contact your prescribing doctor. If you need to change your appointment for this test, please contact the Motility Lab scheduler 317-944-7817. If you have any specific questions regarding the test, please contact the Motility Lab at 317-948-8137.**