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CAPSULE ENDOSCOPY INSTRUCTIONS – PLEASE READ CAREFULLY

What is Capsule Endoscopy?

Capsule endoscopy is a **non-invasive diagnostic procedure** that allows your doctor to examine the **small intestine**. It involves swallowing a **small capsule** (about the size of a large vitamin pill) that contains a **miniature camera, light source, and transmitter**. As the capsule travels naturally through your digestive tract, it captures thousands of images, which are transmitted to a small recording device worn on your body.

The capsule is **painless to swallow**, and the procedure does not require sedation. The capsule is passed naturally through your stool, usually within 24-48 hours.

One Week Before the Procedure

- **Stop taking iron supplements** such as iron sulfate and iron gluconate.
- **Stop taking vitamin pills.**
- **Stop taking fiber supplements** such as Metamucil and Citrucel.

One Day Before the Procedure

- Begin a **clear liquid diet** starting at **noon**.
 - Avoid solid foods, dairy products, and any liquids that are **red or purple** in color.
- Start Bowel prep at **6 PM** (see below)
- **Do not eat or drink anything after 10 PM.**

PEGLyte Bowel Preparation Instructions:

1. **Evening Before the Procedure:**
 - Drink **2 liters (approximately 68 ounces)** of the PEG solution.
 - Start drinking the solution at **6 PM**.
 - Drink **one 8-ounce glass every 10-15 minutes** until you finish the 2 liters.
2. **Tips for Drinking the PEG Solution:**
 - Chill the solution to improve the taste.
 - Use a straw to make drinking easier.
 - Continue drinking **clear fluids** to stay hydrated.

After Swallowing the Capsule

1. **2 Hours After Swallowing:**
 - You may drink **clear liquids**.
2. **4 Hours After Swallowing:**
 - You may have a **light meal** unless instructed otherwise.
3. **Monitor Removal:**
 - Return to the **endoscopy suite** later in the day to have the monitor removed.

CLEAR LIQUID DIET		
Type of Drink	YES — OK to Drink	NO — Avoid These
Water	- Water	- N/A
Tea and Coffee	- Tea (no milk, cream, or lightener) - Black coffee (no milk, cream, or lightener)	- Tea or coffee with milk, cream, or lightener
Flavored Water	- Flavored water (without red or purple dye)	- Flavored water with red or purple dye
Juices	- Apple juice - White grape juice - Lemonade (without pulp) - White cranberry juice	- Orange juice - Grapefruit juice - Tomato juice - Juices with red or purple dye
Broth	- Clear broth (chicken, beef, or vegetable)	- Soup (other than clear broth)
Soda	- Soda (light-colored)	- Soda with red or purple dye
Sports Drinks	- Sports drinks (e.g., Gatorade, Propel – light colors only)	- Sports drinks with red or purple dye
Popsicles	- Popsicles (without fruit or cream; no red or purple dye)	- Popsicles with fruit, cream, red, or purple dye
Gelatin	- Jell-O or gelatin (without fruit; no red or purple dye)	- Gelatin with fruit, red, or purple dye
Nutritional Drinks	- Boost Breeze Tropical Juice drink	- Smoothies - Milkshakes
Alcohol	- N/A	- Alcoholic beverages
Dairy	- N/A	- Milk - Cream
Cereals	- N/A	- Cooked cereal

Why is Capsule Endoscopy Done?

Capsule endoscopy is primarily used to diagnose and evaluate conditions in the **small intestine** that are difficult to assess with traditional endoscopy or colonoscopy. Common reasons for performing capsule endoscopy include:

1. **Unexplained Gastrointestinal Bleeding:** To locate the source of bleeding in the small intestine.
2. **Inflammatory Bowel Disease (IBD):** To detect conditions like **Crohn's disease**.
3. **Small Bowel Tumors or Polyps:** To screen for growths in the small intestine.
4. **Iron-Deficiency Anemia:** To investigate causes of low iron levels related to potential bleeding.

How the Procedure Works

1. **Preparation:**
 - You will need to follow bowel preparation instructions to ensure clear images.
 - You may need to fast for several hours before the procedure.
2. **During the Procedure:**
 - You will swallow the capsule with water.
 - You will wear a sensor belt or adhesive patches connected to a recording device that captures the images.
3. **After Swallowing the Capsule:**
 - You can resume light activities but should avoid strenuous exercise.
 - You will return later in the day to have the recording device removed.
 - The capsule is passed naturally in your stool and does not need to be retrieved.

Associated Risks

Capsule endoscopy is a **safe and low-risk procedure**. However, potential risks include:

1. **Capsule Retention:**
 - The capsule may get **stuck** in the digestive tract, especially if there is a narrowing (stricture) due to inflammation, tumors, or previous surgery.
 - This may require removal via an endoscopic procedure or, rarely, surgery.
2. **Incomplete Examination:**
 - The capsule might not capture images of the entire small intestine, limiting diagnostic accuracy.
3. **Delayed Passage:**
 - In some cases, the capsule may take longer than expected to pass through the body.
4. **Technical Issues:**
 - Equipment malfunction or interference may affect image quality.

When to Contact Your Doctor

Seek medical attention if you experience any of the following after the procedure:

- Severe or persistent **abdominal pain**
- **Vomiting** or **nausea**