

**CAPSULE ENDOSCOPY
PRE-PROCEDURE PATIENT INSTRUCTIONS**

Your doctor has determined that as part of your medical evaluation you should undergo a test known as Capsule Endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) Given Imaging M2A® Capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to a sensory array which is placed on your abdomen. These sensors are attached to the walkman-like Given® Data Recorder that is worn around your waist, which will save all the images. After 8 hours the Given® Data Recorder will be taken off by our staff. You will be required to stop oral iron supplements one week prior.

In order for your physician to get the most accurate information from this test, you will need to follow the directions listed below:

1. Beginning at 12:00 noon the day before your capsule endoscopy procedure, you should eat and drink nothing but clear liquids. (ie: broth, apple juice, plain Jell-O, cranberry juice, grape juice, water, 7-up, Sprite).
2. At 8:00 p.m. the night prior to your test, drink 1 bottle of magnesium citrate (magcitrate).
3. Do not eat or drink anything after 10:00 p.m. the night before you are scheduled for the capsule endoscopy.
4. If you take morning medications, they must be taken by 6:00 a.m. the morning of test or wait until 4 hours after the Capsule has been ingested.
5. At our office, the Sensor Array will be applied to your abdomen with adhesive pads and will be connected to the Given® Data Recorder which is worn on a belt around your waist. You will then be instructed to ingest the M2A® Capsule.
6. After ingesting the M2A® Capsule, do not eat or drink for 2 hours. After 2 hours you may drink clear liquids. After 4 hours you may have a light lunch and resume medications. After completion of the study, you may return to your normal diet. Contact your physician immediately if you have any abdominal pain, nausea or vomiting anytime after ingesting the M2A® Capsule.
7. The Capsule Endoscopy will last 8 hours. During the Capsule Endoscopy try to avoid any strenuous physical activity. Do not bend or stoop during the Capsule Endoscopy. In addition, you should not remove the belt at any time during this period.
8. Every 15 minutes during the Capsule Endoscopy you will need to verify that the small green/blue light on top of the recorder is blinking. If for some reason it stops, please record the time and contact our office. Also record the time and the nature of any event such as eating, drinking and unusual sensations. Return these notes to your physician at the time you return the equipment.
9. The M2A®Capsule is disposable and it will be excreted naturally in your bowel movement.