

# DR CHRISTOPHER DESMOND

MBBS (HONS) FRACP PROVIDER NO. 4250402W

## GASTROENTEROLOGIST

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### CAPSULE ENDOSCOPY

#### **What is capsule endoscopy**

Capsule endoscopy involves swallowing a capsule which contains a tiny wireless camera, which passes naturally through the small intestine. The capsule takes 2 pictures per second and transmits them to a Data Recorder worn on a belt for the duration of the test - approximately 6-8 hours. The pictures are later reviewed on a computer

#### **The day before the Capsule Endoscopy examination**

On the day before the Capsule Endoscopy, you may have breakfast and a light lunch. (eg boiled or poached eggs, steamed fish or chicken, white bread, low fat plain yoghurt) After 12 that day you must **ONLY** drink clear fluids. **ONLY WATER MAY BE INGESTED DURING THE 12 HOURS PRIOR TO SWALLOWING OF THE PILLCAM.**

You should stop taking iron supplements one week before the procedure and any other medications 2 hours prior to the procedure.

#### **CLEAR FLUIDS:**

Water, clear salty fluids (eg. strained chicken noodle soup, clear broth or bouillon, Bonox, miso soup). Clear fruit juices (apple or pear) or clear cordial (lemon or lime only) Black/Green/Herbal tea or Black coffee (skinny milk allowed but not whitener), artificial sweeteners are permitted. Clear jelly, carbonated soft drinks, sports drinks, Gastrolyte or Lucozade - no red or purple colours. A hearty combination of these clear liquids, (including 3-4 cups of clear soups) will give a variation in fluid intake. Sugar or honey is allowed. You may suck barley sugar or its equivalent

#### **The day of the Capsule Endoscopy**

Do not eat solid food. Do not take medication within two hours of Capsule Endoscopy examination. Wear loose comfortable fitting, two piece clothing (shirt and pants/skirt) and do not apply lotions or perfumes.

#### **Swallowing the capsule**

The Sensor Array belt will be applied to your stomach and will be connected to the Data Recorder which you will wear on a belt around your waist. After that you will swallow the capsule with some water. You can leave straight after swallowing the capsule and will be asked to return about 6-8 hours later to have the equipment removed. You should

### **After swallowing the capsule**

You must continue drinking water until around 1 pm when you can have a light lunch and take your medication, unless otherwise advised. Once the equipment is removed you can eat normally approximately 8 hours after ingesting the capsule.

**Do Not Exercise. Avoid heavy lifting.** You may walk, sit or drive. You may return to work, if you can avoid unsuitable environments and physical activities. Try not to touch the Data Recorder or the SensorArray leads and avoid getting them wet.

You may use a computer, radio, stereo, or mobile phone. Do not stand directly next to another patient undergoing Capsule Endoscopy.

Return to the rooms at 4.30 pm to have the equipment removed. Pain or nausea are very uncommon following capsule endoscopy. Should you feel persistent pain or nausea please telephone Dr. Desmond's rooms.

The capsule passes naturally in a bowel movement typically in about 24-72 hours. Most likely you will be unaware of its passage. It does not need to be retrieved and can be safely flushed down the toilet. Should you become concerned that the capsule has not passed after 7 days you should contact Dr. Desmond's rooms.

Until the capsule passes, further testing which includes any type of MRI should be avoided. If you have an MRI examination scheduled within the next three days, the MRI examination should be postponed.

Results are generally available within one week of the procedure. A report will be sent to your referring doctor

### **APPOINTMENT DETAILS:**

**Your capsule Endoscopy(Pill Cam) appointment has been made at Suite 2A,330 High Street, Ashburton on:**

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### **COSTINGS:**

Dr Desmond claims directly to Medicare for rebate for the Pill Cam. This results in an out of pocket charge of \$200.00 payable on the day of the procedure.