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# CAPSULE ENDOSCOPY - PREPARATION

### One month before procedure:

Minimise use of NSAID medications e.g. ibuprofen, voltaren, celecoxib, meloxicam, indomethacin

### One week before procedure:

Stop iron supplements (then resume after completion of the capsule endoscopy procedure)

Purchase two sachets of Picoprep from the pharmacy (no prescription is required)

### One day before procedure:

- You can take your usual medications today. If you are diabetic and take medication for this, discuss with your GP / endocrinologist / gastroenterologist whether you should take your evening medications
- Before midday: white coloured foods can be consumed
- After midday: **NO SOLID FOOD** is allowed, only CLEAR FLUIDS can be consumed
  - o **Clear fluids** are ones that you can see through: water, lemonade, sports drinks, clear cordials (not red), clear fruit juices, black tea, strained clear soups/broths, clear jelly.
  - o Avoid coffee until after the procedure
- At 6pm: take one sachet of **Picoprep**
- At 8pm: take second sachet of **Picoprep**

### The day of the procedure:

- No food or water after midnight, except for small sips of water in the morning if you are thirsty
- 6-6.30am: take your usual morning medications with a small amount of water
  - o Follow your doctor's advice if you take medication for diabetes
- Wear loose fitting clothing; women should wear a two-piece outfit (not a dress)
- 8.15am: arrive at Sydney Gastrointestinal Specialists, 38 Denistone Road Eastwood
- 11am: you may start drinking water, clear apple juice or clear lemonade
- 1pm: you may commence a light diet (e.g. sandwiches, fruit)
- 4.30pm: return to Sydney Gastrointestinal Specialists with the belt and data recorder still attached
  - o The recorder will be checked to ensure the capsule is in the colon, then it will be removed
  - o If the capsule is still in the small intestine, you will:
    - 1. Return home with the belt and recorder still attached
    - 2. Before bed, remove the belt and data recorder; handle with care and store safely
    - 3. At 8.30am the following day, return the belt and data recorder to Sydney Gastrointestinal Specialists
- After the belt and recorder have been returned, you may consume a normal diet and resume your usual medications, including iron tablets if indicated.

### What to expect after you have swallowed the capsule:

- Please call us if you have severe or persistent abdominal or chest pain, difficulty swallowing or vomiting
- You must not eat or drink anything for the first 2 hours after ingesting the capsule. You can then consume clear, colourless liquids for 2 hours, followed by a light diet.
- Avoid vigorous activity or heavy lifting. You may return to work if it does not require vigorous activity.
- The belt contains a battery pack and data recorder which are joined together with wires; you should avoid security checks e.g. at airports which would require you to remove the belt
- Do not get the sensor belt, and do not attach anything to the sensor belt; ensure it is tight in the midline
- Do not go near MRI machines or radio transmitters. You may use a radio, mobile phone and computer.
- Do not stand near another patient undergoing a capsule endoscopy
- Observe the LED light on the data recorder every 15mins; phone us if it ceases blinking or changes colour