



Video Capsule Endoscopy (Pill Cam, Small Bowel Capsule)
Evanston or Glenbrook Hospitals

APPOINTMENT DATE: _____

TIME: _____

What to Expect:

This test will examine your small intestine. The procedure involves ingestion a small (the size of a large vitamin pill) capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to a data recorder, which is a walkman sized receiver which saves the images. You will be wearing a large belt around your waist and suspenders over your shoulders. After 8 hours (or the following day) you return to the GI Lab and have the data recorder removed. The images will then be downloaded to a computer so that your physician can examine them. The capsule is disposable and will be excreted naturally with your bowel movement.

You will need to arrive in the GI Lab at Evanston or Glenbrook Hospital 30 minutes before the scheduled procedure time. This portion of the exam takes approximately 30 minutes.

What to do prior to the exam:

- Pre-authorization: all patients (except Medicare) need to contact their insurance carrier for pre-authorization at least 5 days prior to your scheduled exam

- Register: all patients must register for your appointment with the hospital by phone at least 5 days prior to your procedure. Please call **888-364-6400** and have all insurance information ready, including any referral numbers.

PREPARATION:

One Day Before Your Test:

After 3pm do not eat any solid foods. You may drink only clear liquids after 3pm. Clear liquids consist of: black coffee or tea, beef/chicken broth, apple juice, white grape or white cranberry juice, Gatorade, popsicles and jell-o. Please do not have any red or purple flavors. You can continue to take all of your medications.

The Day of Your Test:

- Do not eat or drink anything after midnight. You can take your morning medications with a small sip of water.

Patient Instructions During Small Bowel Capsule Endoscopy:

Please call our office or your physician's office directly if you experience any of the following symptoms: persistent chest pain or abdominal pain, nausea, vomiting, fever or difficulty swallowing

- You may begin drinking clear liquids 2 hours after swallowing the capsule. You may eat a light meal 4 hours after swallowing the capsule. You may also take your medications at this time.
- Do not exercise and avoid heavy lifting. You may walk, sit or lie down. You may drive a car. It is fine to return to work if your work allows you to adhere to the above restrictions. Keep in mind that you will be wearing a fairly large belt and suspenders.
- Avoid going near MRI machines and radio transmitters. It is fine to use a cell phone, computer or radio. Do not stand next to another patient that is undergoing a capsule endoscopy.
- Do not get the sensor leads wet. Try not to touch the recorder or leads, and do not remove any of the leads.
- You may loosen the belt to use the restroom, but keep the suspenders on so that the recorder does not fall.

How do you get results?

The camera used in capsule endoscopy takes thousands of color photos as it passes through your digestive tract. The images saved on the recorder are transferred to a computer with special software that strings the images together to create a video. Your doctor watches the video to look for abnormalities within your digestive tract.

It might take a few days to a week or longer to receive the results of your capsule endoscopy. Your doctor will then share the results with you.