

## Patient Information: Capsule Endoscopy (“PillCam”)

Your doctor has arranged for you to have a capsule endoscopy to investigate possible small bowel disease. This is an outpatient procedure that does not require an anaesthetic. In order to obtain the best images possible it is important that you follow the instructions listed below.

**RISKS:** Capsule endoscopy is very safe. It is important to follow the instructions below to ensure a good quality study. The main complication is called capsule retention. This occurs rarely when the study is performed for the investigation of anemia (less than one in 100 studies). If the capsule does not enter the large bowel during the study (your doctor will let you know) it may have been retained and you will likely need an x-ray about a week later to confirm excretion. Very rarely endoscopy or surgery might be required to retrieve a retained capsule. Do not have an MRI scan within a week of the capsule endoscopy unless specifically advised. The capsule is disposable and does not need to be retrieved.

**COSTS:** We bulk bill capsule endoscopy services.

**MEDICATION:** Most medication can be continued except whilst fasting on the morning of the procedure. Cease iron supplements (prescribed or over the counter) one week prior to your procedure. **Diabetic patients on tablet treatment** must cease those medicines at lunchtime the day before the procedure. **Diabetic patients on insulin (injected) treatment** should discuss this treatment with us prior to your procedure.

### ONE DAY PRIOR TO YOUR PROCEDURE:

- **After midday only consume clear fluids**, specifically: water, clear salty fluids (e.g.: strained chicken noodle soup), clear broth/bouillon, clear fruit juices (apple, pear, or grape), plain jelly, black tea or coffee (no milk), sports drinks, carbonated beverages, barley sugar, clear cordials (lemon / lime).
- **Do not take any diabetic tablet medicines after midday**
- **From 10 PM have nothing to eat or drink.** Tablets (other than diabetic tablets) are allowed.

### THE DAY OF YOUR PROCEDURE:

- **Do not have anything to eat or drink.**
- **Do not take any tablets/medicines unless specifically instructed.**
- Wear reasonably loose, comfortable clothes
- **At 8:30 AM** arrive for your procedure. Please bring your Medicare card.
- You will be free to leave, go home, shop, etc. after this until 4:30pm. You will be wearing a belt around your waist attached to a small data recorder.
- From **11 AM** you may consume water and your regular tablets (except diabetes medications)
- From **1 PM** You can eat and drink freely (as desired)
- Diabetic patients can resume usual diabetic medication (when it is due) once you are eating normally
- Return at **4:30 PM** to finish the procedure.

**FOLLOWING YOUR PROCEDURE:** A copy of the procedure report will be sent to your referring doctor. Unless specifically told otherwise please return to your referring doctor for review.

**If you have any queries please ring our Heidelberg rooms on 9455 2188**