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CAPSULE ENDOSCOPY (“PILLCAM”)

A capsule endoscopy is performed to investigate possible small bowel disease. This is an outpatient procedure that does not require an anaesthetic. 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 anaemia (less than one in 100 studies). If the capsule is not seen to enter the large bowel during the study, it may have been retained, and you will likely need an x-ray approximately one week later to confirm capsule 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.

MEDICATION: Most medications 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. **Patients with diabetes on tablet treatment** must cease those medicines from midday the day before the procedure. **Patients with diabetes on injectable or insulin 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, soda/mineral 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 tablets for diabetes after midday**
- **From 10 PM, have nothing to eat or drink.** Tablets (other than tablets for diabetes) 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
- Arrive for your procedure when requested. Please bring your Medicare card
- You will be free to leave, go home, shop, etc. after this until you return at the end of the day. You will be wearing a belt around your waist attached to a small data recorder
- **Two hours after** you swallow the capsule you may consume water and medication (except diabetes medications)
- **Four hours after** you swallow the capsule you can eat and drink freely (as desired)
- Patients with diabetes can resume their usual medications for diabetes once they are eating normally
- Return to our rooms when requested to complete the procedure (by taking off the belt and data recorder)

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 ROOMS ON 9455 2188