

PATIENT INSTRUCTIONS FOR CAPSULE ENDOSCOPY

This procedure involves swallowing a pill the size of a large vitamin. The Given Imaging M2A Capsule will pass naturally through your digestive system while taking pictures of the intestine. The M2A Capsule will be excreted naturally in your bowel movement. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:

One Week Before Capsule Endoscopy - Do NOT take iron pills or multivitamins

The Day Before Capsule Endoscopy – do NOT Smoke for 24 hours before the capsule endoscopy

1. After breakfast start a clear liquid diet. Do NOT drink or eat anything red or purple
2. Take 1 Bottle of CLEAR Magnesium Citrate at 4:00 pm (this can be purchased over the counter without a prescription)
3. Take 2 Ducolax tablets at 6:00 pm – this is an over the counter medicine, you do not need a prescription
4. After 10:00 p.m. the evening before Capsule Endoscopy, do not eat or drink except for necessary medication with a sip of water.

The Day of Capsule Endoscopy

1. Arrive at your physician's office at 8:00 am dressed in loose fitting, two piece clothing
2. You will be asked to give your informed consent
3. The Sensor Array will be applied to your abdomen with adhesive pads and will be connected to the Data Recorder which you will wear in a belt around your waist. You will then be asked to swallow the M2A Capsule and drink one (1) glass of water

After Swallowing the M2A Capsule

1. After swallowing the M2A Capsule, DO NOT EAT OR DRINK FOR 3-4 HOURS
2. After swallowing the M2A Capsule and until it is excreted you should not be near any source of powerful electromagnetic fields such as an MRI machine or amateur (ham) radio
3. Capsule Endoscopy lasts approximately 8 hours. You will need to verify every 15 minutes that the small light on top of the Data Recorder is blinking twice per second. If, for some reason it stops blinking at this rate, record the time and contact your physician.
4. Avoid any strenuous physical activity, especially if it involves sweating; excessive bending or stooping during Capsule Endoscopy
5. If you develop severe nausea, abdominal pain or vomiting after the procedure, Contact your physician for evaluation. The M2A capsule should be excreted naturally but in the rare case it is not, it would need to be removed endoscopically or surgically. If you did not positively verify the excretion of the M2A Capsule from your body within 1 week, you should contact your physician for evaluation before undergoing an MRI examination.