

Capsule Endoscopy Preparation

Proper patient preparation is very important to ensure that the procedure is both safe and successful. Please read and carefully follow the instructions below.

What to bring:

- Referral letter from your Doctor
- Medicare Card (*Please inform staff when booking if you have no Medicare card, Interim Card or Reciprocal Card*)
- Private Insurance Card (if applicable)
- Pensioner/Health Care Card (if applicable)
- Repatriation (DVA) Card (if applicable)
- Account Payment (*St Albans Endoscopy Centre accepts Cash, EFTPOS, MasterCard or Visa to facilitate easy payment of accounts on the day*)
- List of medications
- Reading Glasses (is applicable)

Clothing:

- Wear light/loose natural fabric (eg cotton) clothing

General information:

- Medications:
 - Stop any iron supplements 1 week before the procedure
 - You can usually take all of your regular medications with a sip of water. You can usually take all of your regular medication with a sip of water. Oral diabetes medications should be withheld on the morning of the procedure.
 - If you take the Oral Contraceptive Pill, you should *use additional contraception for 7 days* after the bowel preparation has commenced as the pill's absorption may be temporarily affected.
- Preparation Kit:
 - You will need to obtain 1 sachet of Glycoprep-C
 - This is available to purchase at St Albans Endoscopy or at your local pharmacy without a prescription

Please Turn Over for the Preparation Instructions.

Preparation:

On the day BEFORE the procedure:

- Ensure that you drink plenty of fluids throughout the day (at least 12-15 glasses)
- **Before 12pm (midday)** - Eat and drink normally, including an early lunch
- **From 12pm (midday)** - only **CLEAR FLUIDS** are allowed. Stop all solids or milk products. Clear fluids can include water, coffee or tea (without milk), clear fluid juice (no pulp), clear soups (eg. Clear chicken broth), cordial or sports drinks (avoid red/purple colourings), Lucozade.
- **7:00pm** - Mix the sachet of Glycoprep-C in 1L of water and stir until it has dissolved. Drink half of this mixture (approximately 2 large glasses) slowly over 30 minutes and follow this with a glass of water.
- **10:00pm** – Stop ALL fluids

On the day OF the procedure:

- Do not take medications within 2 hours of the appointment
- Continue not to eat or drink anything before your appointment.
- **2 hours after swallowing the capsule** – You may drink clear fluids ONLY
- **4 hours after swallowing the capsule** – You may have a light sandwich and a piece of fruit. Continue with only water to drink.
- Do not excessively exercise and avoid heavy lifting. You may sit or lie down and walk, but you should not sit or lie down all day. The capsule needs to pass through so you do need to be active. You can drive and return to work if your work environment is suitable.
- Avoid concentration of magnetic waves(power stations or large shopping centre)
- Avoid going near MRI machines. You can use your mobile phone, computers and electronic appliances.
- Avoid periods of bright sunlight
- Do not get the receiver wet
- Do not take the belt off
- Check that the blue light on the receiver is on every half hour. If the light turns stops flashing document the time and call the clinic.
- Return to St. Albans Endoscopy Centre at 4.30 pm (unless told otherwise) to have the equipment removed.
- If you have any problems or questions, please call the centre on 03 9364 0033

Following the Procedure:

- Pain and nausea are uncommon after the capsule endoscopy. Contact the centre on 03 9364 0033 if you experience any of these symptoms.
- You can eat and drink as normal after the capsule endoscopy.
- You can continue with your normal activities.
- You can resume taking all your medications as normal.
- You should avoid any MRI tests until after the capsule has passed in your stools. Do not have an MRI for 30 days after your capsule endoscopy unless you are sure that the capsule has passed through.
- The capsule should pass naturally through your bowel movement normally within 24 hours. This does not need to be retrieved and can safely be flushed down the toilet. The capsule light may still be flashing when passed but do not be alarmed as this just means the battery is still activated. Please check your stools to see if the capsule has passed. If you do not see it, please contact the centre where an abdominal x-ray may be ordered to confirm that it has passed.