

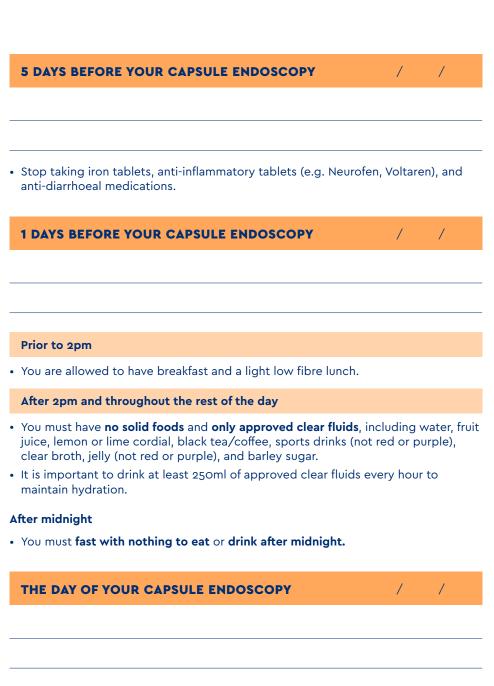
Lumen Gastroenterology East Adelaide Medical Centre 50 Hutt Street, Adelaide SA 5000

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CAPSULE ENDOSCOPY

Preparation Instructions

This information sheet explains the necessary steps that need to be taken prior to your capsule endoscopy. Following these instructions carefully is extremely important to allow clear views of your bowel during the procedure.



medications are best taken prior to 6am (to avoid the tablets remaining in the small bowel and obscuring views of your bowel).

You may take you morning medications with a sip of water only. Your morning

- It is best to wear loose fitting clothing on the day of your procedure, to accommodate the sensors and the belt containing the recording device.
- You will be provided with a morning appointment time to attend the clinic or hospital.



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OTHER IMPORTANT INSTRUCTIONS:

- Avoid radio transmitters or MRI machines
- Avoid going through airport security as the recording device was interfere with equipment.

If you do develop any symptoms such as abdominal pain, fever, nausea, vomiting or have any concerns please seek medical advice immediately.

THE DAY OF YOUR CAPSULE ENDOSCOPY cont.

- At the time of arrival, you will be reviewed by a nurse or technician. The data
 recording device and sensors will be attached and you will be asked to swallow
 the video capsule with a glass of water. Your appointment will take approximately
 30 minutes, after which you will be allowed to return home.
- After around 8 hours, you will be asked to return to the clinic or hospital, so that the sensors and recording device can be removed.

AFTER SWALLOWING THE VIDEO CAPSULE

- After 2 hours you can drink approved clear fluids.
- After 4 hours you can eat a light meal.
- Walking is encourage but please avoid exercise or heavy lifting.
- After 8 hours please return to the recording device to the hospital. The images
 will be downloaded to a computer and examined by your doctor. The results will
 generally be ready after 1 week.
- The capsule will be passed with your stool, usually within 1-3 days. This usually goes unnoticed and the capsule can be safely flushed.