

MIDDLESEX / MONMOUTH GASTROENTEROLOGY

ROBERT BLANK, M.D.
STEVEN NADLER, M.D.
ARTHUR GELLER, M.D.
COLIN BROWN, M.D.
KUNAL GUPTA, M.D.
LISA WALLER, M.D.

Patient Instructions for Undergoing Capsule Endoscopy

Your Physician has determined that as part of your medical evaluation you should undergo an examination know as Capsule Endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) Given Imaging M2A Capsule which will pass naturally through your digestive system while taking pictures of the intestine.

The images are transmitted to the Sensor Array which is placed on your abdomen. The Sensor Array is attached to a Walkman-like Given Data Recorder which saves all the images. It is located in the Recorder Belt which is worn around your waist. After 8 hours, you will return to your physician's office so they can remove the Recorder Belt for processing. The M2A Capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it does not excrete naturally, it will need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:

NO IRON OR ASPIRIN FOR THREE (3) DAYS PRIOR

The Night before Capsule Endoscopy:

- At 7:00 pm drink 5 ounces of Magnesium Citrate and take 2 Dulcolax Tablets - both can be purchased at any drug store.
- After 10:00 pm do not eat or drink anything except for necessary medications with a sip of water. Do not take any medications beginning 2 hours before undergoing Capsule Endoscopy.
- Abstain from smoking 24 hours prior to undergoing Capsule Endoscopy.
- Male patients should shave their abdomen 6 inches (15cm) above and below the navel on the day of the examination. If it is difficult for you to shave your abdomen, please contact your physician's office to arrange to have this done in advance.

The Day of Capsule Endoscopy:

- Arrive at your physician's office at the prescribed time for your Capsule Endoscopy dressed in loose fitting, two-piece clothing.
- At your physician's office, you will have a pre-procedure interview. During this interview you should be informed that Capsule Endoscopy is associated with a small chance of intestinal obstruction. You will be checked-in and asked to give your informed consent.
- 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 instructed to ingest the M2A Capsule.

After Ingesting the M2A Capsule:

- After ingesting the M2A Capsule, do not eat or drink anything for at least 2 hours. After 4 hours you may have a light snack. After the examination is completed, you may return to your normal diet. The above instructions related to eating apply, unless your physician specifies otherwise. Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during Capsule Endoscopy.

- After ingesting the M2A Capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio.
- Occasionally, some images may be lost due to radio interference (e.g. from amateur radio transmitter, MRI, etc.). On rare occasions this may result in the need to repeat the Capsule Endoscopy examination. In this case, the physician will advise you to stay within the premises of the medical office during the Capsule Endoscopy to prevent this problem from recurring.
- Capsule Endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at any time during this period. Since the Data Recorder is actually a small computer, it should be treated with the utmost care and protection. Avoid sudden movement and banging of the Data Recorder.
- During Capsule Endoscopy, 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. You should also record the time and nature of any event such as eating, drinking, your activity and unusual sensations. Return the Event Form with these notes to your physician at the time you return the equipment.
- Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during Capsule Endoscopy.

After completing Capsule Endoscopy:

- You will be instructed by your physician on how to return the equipment at the end of Capsule Endoscopy. If you were instructed to remove the equipment by yourself, do the following: (a) disconnect the Sensor Array from the Data Recorder (b) Take off the Recorder Belt (with the Data Recorder and Battery Pack) in a safe place.
- To remove the Sensor Array from your abdomen, do not pull the leads of the Sensor Array! Peel off each adhesive sleeve starting with the non-adhesive tab without removing the sensor from the adhesive sleeve. Place the Sensor Array with the rest of the equipment.
- The Data Recorder stores the images of your examination. Handle the Data Recorder, Recorder Belt, Sensor Array and Battery Pack carefully. Do not expose them to shock, vibration or direct sunlight, which may result in loss of information. Return all of the equipment to your physician for evaluation.
- If you did not positively verify the excretion of the M2A Capsule from your body, and you develop unexplained post procedure nausea, abdominal pain or vomiting, contact your physician for evaluation and possible abdominal X-ray examination.
- Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the excretion of the M2A Capsule from your body, you should contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.