



Video Capsule Endoscopy (VCE) Prep Instructions

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5 days prior to Video Capsule Endoscopy (VCE)	1 day prior to VCE	Day of VCE
<p>- Start following a low fiber diet. See page 3 for a list of foods to avoid and foods that are OK to eat.</p> <p>-Continue to take all your regular prescriptions <u>except for any iron supplements and all vitamins & multivitamins.</u></p>  <p>-Purchase the two over-the-counter medications necessary for the VCE listed below:</p> <p>1. Simethicone tablets. An anti-gas med that increases visualization during your VCE. You will take this the night before your VCE.</p> <p>2. Magnesium Citrate liquid, 10 oz. bottle. A laxative solution that clears out your intestines to increase visualization during your VCE. You will take this the night before your VCE.</p> <p>*For patients with a history of kidney failure or those on dialysis, use Mira-lax instead of Magnesium Citrate.</p>	<p>Prior to 9AM: you may have a low fiber breakfast, such as eggs and white buttered toast.</p> <p>The rest of the day: you may have as many clear liquids as you like. See page 3 for a list of foods and drinks that are OK to have today.</p>  <p>-Continue to take all your regular prescriptions <u>except for any iron supplements and all vitamins & multivitamins.</u></p> <p>-Do not take any Pepto-Bismol or bismuth products.</p> <p>-6PM: drink the entire 10 oz. bottle of Magnesium Citrate and take one Simethicone tablet.</p> <p>*For patients with a history of kidney failure, mix 2 capfuls of Mira-lax into a 10 oz glass of water and drink. Then take one Simethicone tablet.</p> <p>-Do not eat or drink anything other than water after midnight.</p>	<p>-Take your regular prescriptions (<u>except for any iron supplements and all vitamins & multivitamins, or Pepto-Bismol</u>) with a sip of water at least 2 hours before your arrival time of <u>8:00 AM.</u></p> <p>-Do not ingest anything other than water prior to check-in.</p> <p>-8:00 AM: Come directly to our clinic on the 5th floor for check-in (address below, see map on page 4)</p> <p>Rockwood Digestive Health 910 W 5th Ave Suite 501 Spokane, WA 99204 (509) 755-5220</p> <p>-You will be fitted with a belt around your waist that holds the recorder capturing the images from the capsule.</p> <p>-You will swallow the capsule with water and then can leave the office and go about most of your normal activities.</p> <p>-2 hours after swallowing the capsule you may have clear liquids. 4 hours after swallowing the capsule you may have a light meal. After your meal you may continue to drink clear liquids.</p> <p>-4:30 PM: return to our clinic to be disconnected from the recorder belt.</p>

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Special Notes for Patients:

- If you have a pacemaker or cardiac defibrillator you cannot have a VCE.
- If you are pregnant you cannot have a VCE.
- You should not have an MRI within 2 weeks of completing a VCE.

Video Capsule Endoscopy Frequently Asked Questions:

What is a video capsule endoscopy?

A video capsule endoscopy (VCE) is a procedure that involves swallowing a very small camera (encased in a capsule) to look at the entire length of the small intestine for conditions such as intestinal bleeding, inflammation, tumors, ulcers, polyps, or suspected Crohn's disease. It allows the GI doctor to see the areas of the intestine that an upper endoscopy (EGD) and/or a colonoscopy cannot reach.

Why is it so important that I follow the prep instructions?

Without clean intestinal walls, the GI doctor cannot make an accurate diagnosis from the capsule images. The diet and medication restrictions combined with a light bowel cleanse has been shown to provide excellent clarity for the capsule images.

How big is the capsule?

The capsule is the size of a large multi-vitamin and has a coating to make it easier to swallow.

Can I eat or drink after swallowing the capsule?

You **cannot** eat or drink anything for the first 2 hours after swallowing the capsule. Remember, the capsule is taking hundreds of pictures as it travels through your intestines and if you eat or drink too soon after swallowing it you risk ruining those images. **After 2 hours, you may have clear liquids. After 4 hours, you may have a light meal.** After your meal you may continue to drink clear liquids until you return to our office in the afternoon.

Can I take off the belt or touch the recorder?

No. The capsule is transmitting images wirelessly and if you remove the belt or push buttons on the recorder you risk compromising your VCE.

Are there any limitations to my activities during my VCE?

Yes, avoid strenuous activities during your VCE, especially ones that will make you sweat. Avoid bending over or stooping. Avoid any sources of powerful electromagnetic fields such as MRI machines, metal detectors, or amateur ham radios. Additionally, you should not have an MRI within 2 weeks of completing a VCE.

How does the capsule get out of my body?

The capsule will travel through your small intestine into your colon and will pass in your bowel movement, usually within 24-48 hours. Most people don't feel it as it passes. You do not need to remove the capsule from your stool, it can be flushed down the toilet with your BM.

What happens after I drop off the recorder?

The GI doctor analyzes the images captured by the capsule and creates a report of the findings. Reports are usually completed within 1 week of the VCE. Our office will contact you with the findings of the report and a copy will be available in your medical record for your primary care provider.

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PillCam™ capsule is a camera inside a capsule that captures images at a frame rate of 2 to 6 frames per second (fps) based on capsule speed as it travels through the small bowel.



Patients undergoing capsule endoscopy with the PillCam™ system may wear the sensor belt to receive transmission data from PillCam™ capsule. The belt is worn around the patient's waist over a single layer of clothing and can be adjusted to achieve the most comfortable fit.



The PillCam™ recorder is a recording device with a built in real-time viewer, which is worn by the patient during the PillCam™ procedure. Following the procedure, the physician downloads the images from the PillCam™ recorder for interpretation.

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Foods to avoid starting 5 days prior to procedure:



Beans, Nuts, Legumes, Lentils, Whole grains, Brown rice, Oatmeal, Smoothies, Dried fruit, Seeded breads, Whole wheat breads, Popcorn, Sesame Seeds, Poppy seeds, Sunflower seeds, Fresh fruit (including soft fruits such as bananas, avocados, berries), Raw veggies, Corn, Corn bread, Kale, Salad greens, Black pepper. Also avoid tough, processed or cured meats such as bacon, gristly steaks, over-cooked chicken, salami, or hot dogs.



Foods OK to eat starting 5 days prior to procedure:



Tender cuts of beef, Chicken, Pork, Ground meats, Fish, Shellfish, White bread, Flour tortillas, White rice, Pasta, Eggs, Cheese, Dairy products, Tofu, Smooth peanut butter, Jelly without seeds, Canned fruits with skin and seeds removed, Well-cooked vegetables with skin and seeds removed, Crackers without seeds or whole grains, Puddings, Cream of wheat, Pretzels, Cream soups.



Foods OK to eat and drink on a clear liquid diet:



Do not consume **RED**, **BLUE**, or **PURPLE** colored liquids

No creamers, dairy products, or opaque liquids of any kind.

Water, Apple juice, White grape juice, White cranberry juice, Grapefruit juice with no pulp, Lemonade with no pulp, Beef broth, Chicken broth, Vegetable broth, Bone broth, Jell-O or gelatin, Clear sodas such as ginger ale or lemon/lime, Sports drinks, Popsicles that do not contain pureed fruit or dairy, Coffee without cream (sweetener is OK), Tea without cream (sweetener is OK), Powdered or liquid water enhancers such as Crystal Light. Do not drink any alcohol. Please try to drink as many fluids as possible while prepping to avoid dehydration.

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How to contact us:

- If you have any questions or concerns about the VCE or the prepping process, you can reach our clinic by calling: **509.755.5220 M-F 8:00am-5:00pm. After hours/weekend calls will be routed to the physician on call.**
- **Rockwood Digestive Health**
Located in the Deaconess Health and Education Building (directly west of the hospital)
910 W 5th Ave Suite 501
Spokane, WA 99204
(509) 755-5220
- **RWC Gastroenterology Spokane Valley (directly across street from hospital main entrance)**
1415 N Houk, Suite: D (Lower Level)
Spokane Valley, Wa 99216
(509) 755-5220