

Video Capsule Endoscopy Prep Instructions

This page is an overview of the Video Capsule Endoscopy process and preparation. If you still have questions after reading all the instructions/information in this document, please call the clinic Monday-Friday 8:00am-5:00pm at (509) 755-5220 option 2

Important Information	<ul style="list-style-type: none"> ❖ If you are pregnant, you CANNOT have a VCE. ❖ DO NOT have an MRI until after the capsule is excreted and retrieved. ❖ DO NOT board an aircraft until after the capsule is excreted and retrieved.
8 days Prior to Video Capsule Endoscopy	<ul style="list-style-type: none"> <input type="checkbox"/> Stop taking iron supplements, fish oil, vitamin E, fiber supplements, and other vitamins <p>Iron supplements, fish oil, vitamin E, fiber supplements, and other vitamins need to be stopped one week before your procedure because they impair visualization of the colon.</p>
3 days prior to VCE	<ul style="list-style-type: none"> <input type="checkbox"/> Stop eating high fiber foods and start eating a low fiber diet. (See page 2) <input type="checkbox"/> Purchase the two over-the-counter medications listed below. You will take these medications the night before your procedure. <ol style="list-style-type: none"> 1. Simethicone 125 mg tablets (Gas-X). An anti-gas medication that increases visualization during your procedure. 2. One 8.3 oz bottle of Polyethylene glycol (MiraLAX, ClearLax, PureLax, GaviLax, LavaClear brands)
The day before VCE	<ul style="list-style-type: none"> <input type="checkbox"/> Before 9 AM you may have a low fiber breakfast, such as eggs and white toast. <input type="checkbox"/> After 9 AM, follow a clear liquid diet. Do not eat any solid food. (See page 2) <input type="checkbox"/> At 6:00 pm: Mix seven (7) capfuls (119 grams) of Polyethylene glycol (MiraLax, ClearLax, etc.) with 32 oz of water or non-red electrolyte replacement drink and drink until it is gone. Take one Simethicone tablet. <input type="checkbox"/> Do not eat or drink anything other than water after midnight.
Day of Video Capsule Endoscopy	<ul style="list-style-type: none"> <input type="checkbox"/> Do not eat or drink anything other than water prior to check-in. <input type="checkbox"/> You can take your regularly prescribed medications with a sip of water. <input type="checkbox"/> 2-hours prior to check in, Take 1 simethicone tablet. Mix 1 capful (17 grams) of Polyethylene glycol (MiraLAX, ClearLax etc.) with a full glass of water and drink until it is gone. The Polyethylene glycol bottle top is a measuring cap marked to contain 17 grams of powder when filled to the indicated line. <input type="checkbox"/> At your scheduled appointment time, check in at the front desk of the clinic you are scheduled with. <input type="checkbox"/> You will swallow the capsule with water and then you can leave the office and go about your normal activities. <input type="checkbox"/> 2-hours after swallowing the capsule you may have clear liquids. <input type="checkbox"/> 4-hours after swallowing the capsule, mix 1 capful (17 grams) of Polyethylene glycol (MiraLAX, ClearLax etc.) with a full glass of water and drink until it is gone. <input type="checkbox"/> You may have a light lunch any time after drinking the last dose of Polyethylene glycol (MiraLAX, ClearLax, etc.) <input type="checkbox"/> Eat normally for dinner. No further diet restrictions are necessary.

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What to do next

- ❑ For best results, strictly follow the instructions. The capsule will typically take 24-48 hours to pass. If you haven't passed the capsule within 72 hours after ingestion, contact our office at 509-755-5220.
- ❑ Use the retrieval pan and magnetic retrieval wand provided to you in your take-home kit, until the capsule is retrieved. To watch the retrieval video instructions, visit <https://capsovision.com/patient-resources/what-to-expect-with-capsocam/>
- ❑ Once the capsule is retrieved, place the capsule inside the capsule container. Ensure the lid of the capsule container is closed, put the container into a zip lock bag and seal it.
- ❑ Place the zip lock bag with the capsule container into the pre-labeled padded envelope from your take-home kit, seal it and drop the envelope off at any FedEx drop box or FedEx office.

Dietary Instructions

Foods you CANNOT eat starting 3 days prior to procedure: High fiber foods such as: beans, nuts, seeds, legumes, lentils, popcorn, whole grains, brown rice, oatmeal, raw/uncooked vegetables, salad/leafy green vegetables, fresh or dried fruit, whole wheat/multigrain breads. Over-cooked or processed meat. Stop taking any fiber supplements such as Metamucil or Benefiber.

Foods you CAN eat starting 3 days prior to procedure: Low fiber foods such as: meat, white bread, flour tortillas, white rice, pasta, pureed pasta sauces, eggs, cheese, dairy products, yogurt without fruit chunks, tofu, smooth nut butters, jelly without seeds, canned fruits without skin and without seeds, well-cooked vegetables without skin and without seeds, puddings, cream of wheat, pretzels, creamy soups, pizza without veggies, baked goods such as cakes/croissants/cookies/bagels, cream cheese, protein shakes, ice cream.

Foods OK to eat and drink on a clear liquid diet: Water, apple juice, white grape juice, white cranberry juice, fruit juices without pulp, **Fat-Free broth (NO bone broth)**, plain Jell-O or gelatin, plain clear popsicles, clear carbonated beverages, clear sports drinks, , coffee or tea (without milk or creamer), powdered or liquid water enhancers such as Crystal Light. Please try to drink as many fluids as possible while prepping to avoid dehydration. **If you cannot see through it, then it is not clear!**

Do not drink RED, BLUE, or PURPLE colored liquids or Jello/Gelatin

Do not drink any dairy products, nut milk, coffee creamers, opaque liquids or alcohol of any kind.

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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 have 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 takes 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. **Please make sure to follow the instructions outlined on the first page of this document.**

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. **DO NOT** have an MRI until after the capsule is excreted and retrieved. **DO NOT** board an aircraft until after the capsule is excreted and retrieved.

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. If you haven't passed the capsule within 72 hours after capsule ingestion, contact the MultiCare Digestive Health Clinic at 509-755-5220.

Patient safety is our top priority at MultiCare and we want to perform your procedure in the safest way possible. It is for your safety that you follow all the instructions outlined in this document. Failure to follow these instructions may result in the need to reschedule your procedure.

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How to contact us

- If you have any questions or concerns about the Video Capsule Endoscopy process, please call the MultiCare Rockwood Digestive Health Clinic at 509.755.5220, option 2 M-F 8:00am-5:00pm.
- If you need to cancel or reschedule your procedure for any reason, please call the MultiCare Rockwood Digestive Health Clinic at 509.755.5220, option 2 for scheduling.

**MultiCare Rockwood Digestive
Health Center**

910 W 5th Ave, suite 501
Spokane, WA 99204

509.755.5220 option 2

**MultiCare Rockwood Digestive
Health Center**

1415 N Houk Rd, suite D
Spokane Valley, WA 99216

509.755.5220 option 2

If you develop cold/flu like symptoms, a cough, chest congestion, fever or test positive for Covid or Influenza prior to your procedure date, please call our office at 509-755-5220, option 2. Unfortunately, you may need to be rescheduled.