

VCE During EGD Prep Instructions

This page is a timeline of how to prepare for your procedure. 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.
When scheduling procedure	<ul style="list-style-type: none"> <input type="checkbox"/> For your safety, certain medications will need to be stopped or adjusted before you can have your procedure. Please read and follow instructions for medications outlined on page 2-3. <p>You MUST arrange for a responsible adult to drive you to the endoscopy center, check in with you, and be able to return within 15 minutes of a phone call to drive you home and be available to stay with you after you receive sedation. You will need to be rescheduled if you don't have an adult to accompany you to and from your procedure.</p>
8 days Prior to Video Capsule Endoscopy	<ul style="list-style-type: none"> <input type="checkbox"/> Hold weekly dosing GLP-1 medications. You must be off these medications for a full 7 days. (see page 2-3) <input type="checkbox"/> Stop taking iron supplements, fish oil, vitamin E, fiber supplements, and other vitamins.
3 days prior to VCE	<ul style="list-style-type: none"> <input type="checkbox"/> Hold SGLT-2 oral antihyperglycemic Type 2 diabetes medications (see page 2-3) <input type="checkbox"/> Confirm your responsible adult driver that will drive you to and from your procedure and stay with you after you receive sedation. You cannot drive for 24 hours after receiving sedation. <input type="checkbox"/> Stop eating high fiber foods and start eating a low fiber diet. (See page 4) <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"/> Hold daily dosing GLP-1 medication. You must be off these medications for a full 24 hours. <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 until after your procedure. (See page 4) <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.

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Day of Video Capsule Endoscopy	<ul style="list-style-type: none"> <input type="checkbox"/> 2.5 hours (90 minutes) prior to check-in time, 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. <input type="checkbox"/> 2 hours prior to check-in, do not take anything by mouth. Do not drink any fluids, chew gum, candies, mints, tobacco etc., or your procedure could be canceled. <input type="checkbox"/> Arrive at your scheduled check-in time for the procedure. <input type="checkbox"/> 2-hours after swallowing the capsule you may only 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 or non-red electrolyte replacement drink 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.
What to do next	<ul style="list-style-type: none"> <input type="checkbox"/> 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. <input type="checkbox"/> 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/ <input type="checkbox"/> 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. <input type="checkbox"/> 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.

What does NPO mean and why is it important?

NPO means “nothing by mouth”. This means no sips, no drinks, no gum, no candies, no mints, no ice chips, no tobacco, absolutely nothing by mouth after the instructed NPO time. It refers to the time before a procedure during which you CANNOT eat or drink anything to ensure there is no fluid in your stomach. This is important for your safety during your colonoscopy and to avoid a rare complication known as aspiration pneumonia which can lead to hospitalization. Please help us keep you safe during your procedure and prevent complications by following the NPO times written in these instructions.

Medications:

You can take most of your regularly prescribed medications up to the day of your procedure, unless told otherwise by a provider or pre-procedure nursing.

Iron supplements, fish oil, vitamin E, fiber supplements, and other vitamins need to be stopped 7 days before your EGD because they impair visualization of the digestive tract lining.

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Blood Thinners

- Blood thinners may need to be temporarily stopped prior to your procedure. The length of time you will need to be off your medication depends upon which drug you are taking. **For your safety, please reach out to your prescribing provider at least 2 weeks before your procedure for guidance on how to safely adjust your blood thinning medication.** For your safety, do not stop taking these medications without first speaking to the prescribing doctor.
- Aspirin 81-325 mg/day is safe to take up to and after your procedure
- If you have questions about holding your blood thinning medication, please contact the pre-call RN at your endoscopy center: **Deaconess Endoscopy 509.603.4877 option 3, Valley Endoscopy 509.603.5423 option 3**

Diabetes Medications and Blood Sugar Management

- Please contact the prescriber of your diabetic medications for guidance on adjusting your medications and managing your blood sugars while you are preparing for your procedure.
- GLP-1 medications need to be stopped before your procedure as outlined in the GLP-1 section below. Please speak with your prescribing provider for guidance on blood sugar management while needing to be off these medications.
- SGLT-2 are a group of oral antihyperglycemic medications used to treat Type 2 diabetes. Examples of SGLT-2 medications are canagliflozin (Invokana), dapagliflozin (Farxiga), empagliflozin (Jardiance), and ertugliflozin (Steglatro). **These medications need to be held for a minimum of 72 hours before your procedure.**
- Check your blood sugar frequently while on the clear liquid diet and during the prepping process.
- It is a good idea to have some non-diet clear liquids, such as apple or white grape juice on-hand in case your blood sugar drops.

GLP-1 and Weight Management Medications

GLP-1 medications can decrease the rate at which the stomach becomes empty and increase the risk of aspiration during a procedure. For your safety, please follow the guidelines below for holding these medications. Medications in the GLP-1 drug class include: Dulaglutide (Trulicity), Exenatide (Byetta), Liraglutide (Victoza), Lixisenatide (Adlyxin), Semaglutide injection (Ozempic), Semaglutide tablet (Rybelsus), Tirzepatide (Mounjaro).

- If you take it daily, hold the GLP-1 medication 1 day prior to the procedure, you need to be off this medication for a full 24 hours. You can resume the medication after the procedure.
- If you take it once a week, hold the medication starting 7 days prior to the procedure, you will need to be off this medication for a full 7 days. Example: if you take your GLP-1 injection on a Monday, the earliest you can have your procedure is the following Tuesday. You can resume the medication after the procedure.

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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.

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.

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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.

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. After hours/weekend calls will be routed to the physician on call.
- 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.
- For questions regarding prepping for your procedure, check in times, hospital visitor restrictions, directions to the endoscopy centers, or questions about your procedure, please call the endoscopy center.

Deaconess Hospital Endoscopy

910 W 5th Ave, Suite 500
Spokane, WA 99204

509.603.4877 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.