

## **PATIENT INSTRUCTIONS FOR UNDERGOING CAPSULE ENDOSCOPY**

Your doctor has determined that you should have a Small Bowel Capsule Endoscopy.

In order for your physician to get the most accurate information from this test, you will need to follow the directions listed below:

1. Stop any iron tablets or vitamins containing iron **4 DAYS** days before your study.
2. Purchase one 10 oz. bottle of **Magnesium Citrate (Lemon-lime or Orange Flavor) [NO RED]**.
3. **ON THE DAY BEFORE** the SB Endoscopy, **NO SOLID FOOD AFTER 12 NOON. YOU MAY ONLY HAVE CLEAR LIQUIDS** (water, clear broth, Jello[no red], coffee/tea without milk, ginger ale, etc). At **7PM** drink Magnesium Citrate. **STOP ALL LIQUIDS BY 10PM.**
4. **Do not take any medication the morning of the Procedure.**
5. For males: On the day prior to the Capsule Endoscopy, shave your abdomen 6 inches above and below the navel. If it is difficult for you to shave your abdomen, please contact your physician's office to arrange to come in earlier to have this done.
6. Please arrive at your physician's office at the prescribed time for your Capsule Endoscopy.
7. At your physician's office, a Sensor Array will be applied to your abdomen with adhesive pads and will be connected to the Data Recorder which is worn on a belt around your waist. You will then be instructed to ingest the M2A Capsule.
8. After ingesting the M2A Capsule, do not eat or drink for 2 hours. After 2 hours you may drink water. After four hours you may have a light snack. After completion of the study, you may return to your normal diet. **Contact your physician immediately if you have any abdominal pain, nausea or vomiting anytime after ingesting the M2A Capsule.**
9. After ingesting the M2A Capsule and until it is excreted, you should not be near any source of powerful electromagnetic field such as one created near an MRI device or amateur (ham) radio.
10. 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 procedure. In such a case, the Doctor will advise you to stay within the premises of the clinic for the duration of the capsule procedure to prevent this problem from reoccurring.
11. The Capsule Endoscopy will last 8 hours: During the Capsule Endoscopy try to avoid any strenuous physical activity. Do not bend or stoop during the Capsule Endoscopy. In addition, you should not remove the belt at any time during this period.
12. Every 15 minutes during the Capsule Endoscopy, you will need to verify that the small green/blue light on top of the recorder is blinking. If for some reason it stops, please record the time and contact your physician's office. Also record the time and nature of any event such as eating, drinking and unusual sensations. Return these notes to your physician's office at the time you return the equipment.
13. At the end of 8 hours, the Data Recorder, Belt and Sensor Array will be removed at your physician's office.
14. The Data Recorder holds the images of your examination. Handle the Data Recorder, Belt, Sensor Array and Recorder Battery Pack carefully. Do not expose them to shock, vibration or direct sunlight, which may result in loss of information.
15. The M2A Capsule is disposable and it will be excreted naturally in your bowel movement. Final results of the endoscopy will be available in fourteen days.