

# Capsule Endoscopy

## *How to prepare and what to expect*

Your capsule endoscopy is scheduled for \_\_\_\_\_, \_\_\_\_\_, at \_\_\_\_\_  
DAY DATE TIME

### How to Prepare

7 Days Before	1 Day Before	On Procedure Day
Date:	Date:	Date:
<ul style="list-style-type: none"> <li>• Do <b>not</b> take any supplements that contain iron.</li> <li>• Fill your prescription for:                             <ul style="list-style-type: none"> <li><input type="checkbox"/> MoviPrep</li> <li><input type="checkbox"/> Golytely</li> <li><input type="checkbox"/> Miralax</li> </ul> </li> <li>• Read this handout.</li> <li>• <b>Cancellations:</b> If you need to cancel or reschedule your procedure, please call 206._____.</li> </ul>	<ul style="list-style-type: none"> <li>• Eat a light breakfast.</li> <li>• Prepare your _____:                             <ul style="list-style-type: none"> <li>- Add water to the jug</li> <li>- Mix and store in the refrigerator</li> </ul> </li> <li>• Eat a light lunch. After lunch, you can have only liquids.</li> <li>• At 7 p.m., drink _____ liters of your _____ mixture. This is just half of the jug.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do not eat anything after midnight</b> the night before your procedure.</li> <li>• Wear a cotton shirt, without a zipper, that extends below your hips. You can wear a loose-fitting jacket or shirt over this shirt. Please do <b>not</b> wear a dress.</li> <li>• If you can, leave all valuables at home, or give them to your family member or friend for safekeeping.</li> </ul> <p><b>What to bring to your appointment:</b></p> <ul style="list-style-type: none"> <li>• A list of all medicines you currently take</li> <li>• Photo ID, insurance care, and co-pay, if needed</li> </ul> <p><b>Special instructions:</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

## Locations and Parking

### Harborview Medical Center

GI Endoscopy Suite  
Maleng Building, 8th Floor  
410 Ninth Ave., Seattle, WA 98104  
**206.744.3519**

Parking 24 hours a day, 7 days a week in the Ninth and Jefferson Garage (P2) off James and Terry.

### University of Washington Medical Center

Digestive Health Center  
Surgery Pavilion, 3rd Floor  
1959 N.E. Pacific St., Seattle, WA 98195  
**206.598.4377**

From N.E. Pacific St., follow signs to the Emergency Room. At the stop sign, turn left into the Surgery Pavilion Parking Garage. After parking, take the elevator to the 3rd floor. Turn right into the Digestive Health Center.

## Questions?

Your questions are important. Please call if you have questions or concerns.

Weekdays between 8 a.m. and 5 p.m., call the clinic where your endoscopy is scheduled.

After hours and on weekends and holidays, call the Community Care Line at Harborview, 206.744.2500.

## What is a capsule endoscopy?

A capsule endoscopy lets your doctor look at the lining of your intestines. It uses a tiny wireless camera to take pictures of your digestive tract.

## What to Expect

- You will meet with your gastroenterologist. You will then swallow a capsule. The capsule is about the size of a vitamin pill and is coated so that it is easy to swallow. This capsule contains a tiny camera.
- As the capsule travels through your digestive tract, the camera takes pictures. It will take about 2 pictures every second. These pictures are picked up by sensors and sent through a wire to a data recorder.
- There are 2 types of sensors used for this test. The type of sensor you use is based on your body type, the clothes you are wearing, and your doctor's preference. You will either:
  - Have 8 electrodes (patches) placed on your abdomen
  - Or
  - Wear a sensor belt
- You will carry the data recorder for 8 hours. For the first 2 hours, you can have **only** sips of water. After 2 hours, you can drink clear liquids. After 6 hours, you can eat a snack.
- After 8 hours:
  - Return the data recorder to the clinic
  - You can eat as usual

## Who reviews the test, and how do I get the results?

We will download the pictures to a computer and your doctor will review them. We will send you a letter with your test results 5 to 7 business days after your test. Or, you may view the results in eCare.