

INSTRUCTIONS FOR CAPSULE ENDOSCOPY (PILLCAM)

Please **cease iron (eg. Ferro-Gradumet, Ferrograd C, Fefol, FGF, Fergon)** 5 days prior to the capsule endoscopy (Pillcam) if you are taking it, BUT continue with your regular medication.

You will need to obtain one sachet of lemon flavoured Glycoprep-C 70g (not 210g) and one sachet Picoprep 15.5g from your chemist. A prescription is not required.
Please follow these instructions, not the instructions on the box / packet.

ON THE DAY BEFORE THE EXAMINATION

Mix the lemon flavoured Glycoprep-C 70g in one litre of water and refrigerate for use later in the day.

You should consume only approved clear fluids after 12.00 midday. (Approved clear fluids: water; clear fruit juices (apple, pear); black tea or coffee (**no milk/soy milk**); Lucozade; Bonox; carbonated beverages; clear broth or clear bouillon (beef, chicken or vegetable stock); plain jelly (lemon/lime/orange/mango); clear fruit cordials (lemon/lime/orange/mango). **No red or purple colourings.** Drink liberal amounts of clear liquid before, during and after taking the preparation. You may also have Barley Sugar).

AT 4.00PM – Mix the sachet of Picoprep in a glass of water (approx. 250ml) and stir until dissolved. Drink mixture slowly but completely. This should be followed by a glass of water or approved clear liquid. Have at least 1 glass per hour until 7.00pm. The bowel preparation may induce loose stools.

AT 5.00PM – Remove the made up Glycoprep-C from the refrigerator. You should try to drink a glass of the preparation about every 15 minutes. Total intake time should take approx. 1 hour in duration. If you start to feel nauseated or bloated whilst drinking the preparation, slow down the rate of intake and drink about a glass every 20 minutes until it has been completed. You will have loose bowel motions in 1 to 3 hours.

IMPORTANT: You will need to fast (**have nothing to eat or drink**) from midnight. You should take your usual medications with a sip of water at the usual time, except any which have been withheld for the procedure.

ON THE DAY OF THE EXAMINATION

You will be required to attend at 8.00am onat:
Union Road Specialist Centre
205 Union Road
SURREY HILLS
Telephone: 9890 3977

Please report to the Reception Desk on arrival.

PLEASE NOTE: you will be allowed to leave the rooms after swallowing the capsule (about 8.30am). You will be able to have clear fluids two hours after swallowing the capsule and a light diet two hours later (ie. four hours after swallowing the capsule). **You will need to return to the rooms at 4.30pm (for approximately ½ an hour) for the equipment to be removed.**

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What is capsule endoscopy?

Capsule endoscopy is a new technology designed to examine the small intestine. The test involves swallowing a capsule (about the size of a large vitamin capsule) that takes multiple digital images of the small intestine. The images are transmitted to small sensors that are attached to the abdominal wall (like adhesive stickers). The small intestine is about 6 metres long and the capsule takes about 8 hours to travel through it. You should pass the capsule in your stools within two weeks of the test. The capsule does not need to be retrieved.

Capsule endoscopy is a day procedure. You will be required to attend the Union Road Specialist Centre (Rooms) in the morning for about 30 minutes where the leads and a special belt will be attached and you will be given the capsule to swallow. You may then leave the Rooms and return late afternoon to return the attached equipment. No sedation or anaesthetic is required. You will be required to observe some dietary restrictions the day prior and take some bowel preparation (see attached instruction sheet) which assists in improving image clarity.

After your return to the Rooms, the digital images are downloaded to a computer and are available for examination by the doctor from the following day.

Are there any risks to the patient?

There is a small risk that the capsule could become stuck in the small bowel. This is uncommon. Estimated risk is 1 in 200. A previously normal small bowel barium test most likely indicates a reduced risk of this complication. Surgery may be required to remove a stuck capsule. An x-ray may be requested two weeks after the test if you do not see the capsule pass into the toilet (this may take up to two weeks). Capsules should be flushed away. Please call Dr Taylor / Dr Kalade / Dr Friedman / Dr Cameron if you wish to discuss this further.

If you have any questions concerning the procedure, please contact your doctor prior to the test on the telephone or pager numbers shown at the top of the page.

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