

**Procedure Location:**

Charles River Plaza(CRP), 9F, 165 Cambridge St, Boston, MA 02114

**Preparing for your Endoscopy Procedure:  
\* IMPORTANT INFORMATION TO READ NOW \***

Thank you for choosing the Gastroenterology Associates at Mass General Hospital for your colonoscopy. We want to make sure your procedure goes as smoothly as possible. **Please read all the instructions in this letter at least 1 week before your endoscopy.** All instructions must be followed, or your endoscopy may be cancelled. If you have any other questions, call us at 617-726-7663.

**BEFORE you start to prepare for your procedure:**

- Call your insurance company for an insurance referral or authorization, if required.
- Update your MGH registration information at **1-866-211-6588**, if you have not done so within 6 months. Your physician has determined that you should undergo an examination known as Capsule Endoscopy as part of your medical evaluation.
- This procedure involves swallowing a capsule about the size of a large vitamin pill. The PillCam Small Bowel Capsule will pass naturally through your digestive system while taking pictures of the intestine.
- The images are transmitted to a recorder that you will wear on a strap across your body. You will either wear sensors on your stomach or a sensor belt to help transmit the images. Please select clothing that permits the placement of these devices.
- After 8 hours you will return to the Endoscopy Unit to have the Recorder Belt removed. The Capsule is disposable and will be excreted naturally in your bowel movement.
- Capsule endoscopy is a safe procedure, but rarely the capsule can become lodged in the small intestine. Please tell your doctor or your nurse if you have a narrowing of the small bowel or small bowel surgery.
- If you are taking iron or iron containing supplements, stop taking them 1 week prior to your scheduled capsule endoscopy.

**THE DAY BEFORE the Capsule Endoscopy:**

- After 12:00 noon, only have clear liquids until 10:00pm the night before your capsule endoscopy.
- You may have nothing to eat or drink after 10:00pm, except for medications with small sips of water.
- Clear liquids include iced and hot tea, black coffee, clear broth, apple or white grape juice, soda and Jell-o (do not have red Jell-o).
- We suggest drinking “regular” sugar containing liquids rather than sugar-free liquids the day before the test.

**THE DAY OF the Capsule Endoscopy:**

- Please wear an upper garment (shirt or blouse) of thin natural fiber cloth such as cotton that is long enough to reach at least to hip level. The sensor belt cannot be worn over synthetic fabric such as polyester.
- If you are diabetic and taking insulin, take only ½ of your regular dose the day of the capsule endoscopy.
- Have nothing to eat or drink.
- Do not take your regular medications but bring them with you. You will be able to take those 2 hours after you swallow the video capsule.

### After swallowing the PillCam SB Capsule

- Please do not eat or drink anything for **at least 2 hours** after swallowing the capsule and return the recorder to the endoscopy unit the same day 8 hours after swallowing the capsule.
- After 2 hours you will be able to drink clear liquids.
- Four hours after swallowing the capsule you may have a light lunch and continue drinking clear liquids throughout the procedure.
- After ingesting the video capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (Ham) radio. Occasionally, some images may be lost due to radio transmitter interference (e.g. from amateur radio transmitter, MRI, etc.). On rare occasions this may result in the need to repeat the capsule endoscopy examination.
- Capsule endoscopy lasts approximately 8 hours. You do not have to remain in the hospital during this time. Do not disconnect the equipment or remove the belt at any time during this period.
- The Data Recorder is a small computer and should be **treated with utmost care and protection**. Avoid sudden movement and banging of the Data Recorder.
- You will need to return to the CRP 9 Endoscopy Unit 8 hours after ingestion of the capsule to have the equipment removed.** Removing the equipment is a quick process and should only take a few minutes.
- After the examination is completed, you may return to your normal diet.
- Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during or after Capsule Endoscopy.
- Do not have an MRI for 72 hrs.

**If you have questions about your procedure, call your physician's office directly.**

**Please answer the following questions and bring this information with you the day of your exam.**

- What are you allergic to?
- What medications are you currently taking?
- Do you have difficulty swallowing?
- Do you have a pacemaker/defibrillator?
- Have you ever had a bowel obstruction or blockage?
- Are you a diabetic?
- Are you pregnant?
- What is your height?
- What is your weight?
- What is your waist size?