

Patient: _____ Appointment Date: _____
Arrival Time: _____ Procedure Time: _____

CAPSULE ENDOSCOPY (PillCam)

PLEASE READ THE ENTIRE FORM WHEN YOU RECEIVE IT. IT CONTAINS IMPORTANT INFORMATION CONCERNING DIET AND MEDICATIONS, SOME OF WHICH NEEDS TO BE DONE 1-WEEK PRIOR TO THE PROCEDURE.

***** On day of procedure please report to central registration (Surgical Daycare) department at RVH in Barrie. Enter the hospital at the Atrium Entrance *****

- Appointment changes by our office may occur due to unforeseen emergency cases.
- If you need to cancel, please call at least 7 days prior to your appointment. Waiting times are a major problem. Short notice cancellations may be subject to a fee of \$200.
- Bring all of your medications (including insulin) and your Ontario Health Card with you.
- Bring a bag for clothing. Do not bring valuables, jewelry, or large sums of money.

What is Capsule Endoscopy?

- Capsule endoscopy is a procedure that uses a tiny wireless camera to take pictures of your digestive tract. The PillCam camera is incorporated into a multivitamin-size capsule you swallow. As the capsule travels through your digestive tract, the camera takes thousands of pictures that are transmitted to a recorder you will wear on a belt around your waist. The pictures from the recorder will be later transferred to the computer for the physician to review.
- The capsule is disposable and will eventually pass through your large intestine and come out in the stool. There is no need to retrieve the capsule.

What are the benefits of Capsule Endoscopy?

- Capsule endoscopy is used for the diagnosis of diseases of the small bowel. Common indications include the following: unexplained bleeding from the gastrointestinal tract when upper and lower endoscopy are negative, unexplained anemia (low blood counts), suspected small bowel polyps or tumour, inflammatory conditions in the small bowel such as Crohn's disease. Although CT or MRI can be helpful to uncover certain diseases of the small bowel, the capsule endoscopy is a more sensitive test, especially when the lesions are small.

What are the risks of Capsule Endoscopy?

The main risk of capsule endoscopy is **capsule retention in the small bowel (<1/1000)**. The individual risk for each patient will vary depending upon patient and procedural factors. The risk of capsule retention might be higher in people who have a condition that causes a narrowing (stricture) in the digestive tract (previous surgery,

tumour, Crohn's disease). Sometimes, your doctor may order CT scan to look for a narrowing before performing capsule endoscopy. Even if the CT scan shows no narrowing, there's still a small chance that the capsule could get stuck but this is rare. If the capsule gets lodged, it may need to be removed either by surgery or through a special endoscopy procedure, depending on where the capsule is stuck.

You should be aware that the capsule may **miss lesions**, especially very small ones, or the **examination may be incomplete (<1%)**, ie, the capsule does not go through the entire small bowel during the time of the test.

Will I be sedated for the procedure?

- You will not be sedated for the procedure.
- Occasionally, if the capsule stays in the stomach for too long, you may need a Gastroscopy to help place the capsule into the small bowel. If this procedure is required, you will be given sedation and that means that you will be unable to drive, operate machinery, or make any major decisions for the remainder of the day. For this reason, we recommend that you come for the capsule endoscopy with somebody who may potentially need to drive you home and stay with you at home the evening after your procedure. **If you require gastroscopy and have nobody to stay with you after the procedure, your procedure will not be done.**

What will happen during and after the procedure?

- After you swallow the capsule, you will be allowed to walk around but will be asked to return periodically to check if the capsule successfully entered into the small bowel (the device is equipped with the ability to see where the capsule is at a given time). When it is confirmed that the capsule entered the small bowel, you will be allowed to leave the premises, but you will need to come back in the afternoon for the removal of the recorder.
- Most patient can resume eating a few hours after the capsules is confirmed to be in the small bowel. There will be no dietary restriction after the test is completed.
- You will be asked to watch your stools over the next few days to see if you notice the capsule passed. If you do not see the capsule as it may be mixed with stool, you will be asked to do abdominal x-ray to confirm that the capsule exited the bowel.

What about the results of the test?

- When the images that the capsule has taken will be transferred from the recorder into the computer, the doctor will review them and will provide a complete report on

what is found to you and the referring physician. This usually happens within a few days after the test is completed.

How do I prepare for the procedure?

- **PURCHASE BI-PEG (BOWEL PREP MEDICATION) AT ANY DRUGSTORE. ALSO PURCHASE SOME OVOL DROPS.**
- **Day before Procedure:**
Do not eat any solids the day before the procedure. You can drink clear fluids.
3PM: Prepare Bi-Peg and add 2-3 drops of Ovol to the solution. Drink 1L.
9 PM: Drink another 1L of Bi-Peg with 2-3 drops of Ovol.
- **Day of Procedure:**
NOTHING BY MOUTH since midnight
- You can take your usual morning medications (except diabetes meds) with small sips of water.
- If you are a diabetic, to avoid low blood sugar, please do NOT take your oral diabetes medications or any insulin on the morning of your procedure unless specifically instructed to do so by your physician. You can resume your diabetes medications after the procedure, once you have eaten. The day before the procedure, when you are just on clear fluids, the dose of your diabetic drugs may need to be reduced. If you are taking insulin it is always a good idea to check with your endocrinologist or primary doctor as to the best way to manage your blood sugars. Please bring your insulin with you when you come for the procedure.
- If you are a smoker, you should not smoke at least 6 hours before the procedure.