



Video Capsule Endoscopy (VCE) during EGD

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7 days prior to procedure	1 day prior to procedure	Day of procedure
<p>-Continue taking all your regular medications, especially blood pressure and/or cardiac medications. Exceptions: blood thinners (see page 2), iron supplements, or Pepto-Bismol. Iron and Pepto-Bismol can cause a harmless discoloration on the walls of your intestines making it more difficult to get clear images from your capsule.</p>  <p>-Arrange a driver who can bring you to the hospital, stay with you during your procedure and drive you home.</p> <p>-Purchase the two over-the-counter medications necessary for the capsule study listed below:</p> <ol style="list-style-type: none"> 1. Simethicone tablets. An anti-gas med that increases visualization during your capsule study. You will take this the night before your procedure. 2. Magnesium Citrate liquid, 10 oz. bottle. A laxative solution that clears out your intestines to increase visualization during your capsule. You will take this the night before your procedure. 	<p>-Follow a low fiber diet today.</p> <p>-Take all your regular medications except blood thinners, iron or Pepto-Bismol.</p>  <p>-A light bowel cleanse is recommended prior to capsule placement for optimal imaging.</p> <p>-At 6PM, drink the entire 10 oz. bottle of Magnesium Citrate and take one Simethicone tablet.</p> <p><u>Nothing by mouth after midnight except sips of water.</u></p>	<p>-You may have sips of water up until 2 hours prior to check in. You may take your morning medications (except blood thinners, iron or Pepto-Bismol) during this time with a sip of water.</p> <p><u>Nothing at all by mouth 2 hours prior to check in</u></p> <p>*No gum, mints, hard candy, chewing tobacco, or lozenges.</p> <p>*You may brush your teeth but do not swallow any water.</p> <p>-You will check in at 6:30 AM on the 2nd floor of the DHEC building. 910 W 5th Ave Spokane, WA 99204</p> <p>-After your procedure is completed, you may go home and rest but do not eat or drink anything. 2 hours after capsule placement, you may have clear liquids. 4 hours after capsule placement, you may have a light meal and continue to drink clear liquids.</p> <p>-At 4:30 PM, have your driver return you to our clinic to be disconnected from the recorder belt. Come directly to our office on the 5th floor, suite 501.</p>

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Special Notes for Patients:

- **If you take blood thinners** such as: clopidogrel (Plavix), warfarin (Coumadin), ticagrelor (Brillinta), prasugrel (Effient), rivaroxaban (Xarelto), dabigatran (Pradaxa), apixaban (Eliquis), dipyridamole (Aggrenox), aspirin 325mg, fondaparinux (Arixtra), pletal (Cilostazol), persantine (Dipyridamole), enoxaparin (Lovenox), edoxaban (Savaysa), or ticlopidine (Ticlid). **You must call the prescribing physician ASAP for guidance.**
- **If you have a pacemaker or cardiac defibrillator you cannot have a VCE.**
- **If you are pregnant you cannot have a VCE.**
- **You should not have an MRI within 2 weeks of completing a VCE.**
- **If you routinely see a cardiologist**, please call their office and ensure you have clearance to receive anesthesia. In some cases we may need documentation from your cardiologist that states this.

Capsule study FAQ's

What is a video capsule endoscopy?

A video capsule endoscopy (VCE) is a procedure that involves placing a very small camera (encased in a capsule) into your small intestine to look at the entire length of the of the bowel for conditions such as intestinal bleeding, inflammation, tumors, ulcers, polyps, or suspected Crohn's disease. It allows the GI doctor to see the areas of the intestine that an upper endoscopy (EGD) and/or a colonoscopy cannot reach.

Are there any limitations to my activities during my capsule study?

Yes, avoid strenuous activities during your capsule study, especially ones that will make you sweat. Avoid bending over or stooping. Avoid any sources of powerful electromagnetic fields such as MRI machines, metal detectors, or amateur ham radios. Additionally, you should not have an MRI within 2 weeks of completing a capsule study.

How does the capsule get out of my body?

The capsule will travel through your small intestine into your colon and will pass in your bowel movement, usually within 24-48 hours. Most people don't feel it as it passes. You do not need to remove the capsule from your stool, it can be flushed down the toilet with your BM.

Can I take off the belt or touch the recorder?

No. The capsule is transmitting images wirelessly and if you remove the belt or push buttons on the recorder you risk compromising your study.

Can I eat or drink after swallowing the capsule?

You **cannot** eat or drink anything for the first 2 hours after the capsule is placed. Remember, the capsule is taking hundreds of pictures as it travels through your intestines and if you eat or drink too soon after swallowing it you risk ruining those images. **After 2 hours, you may have clear liquids. After 4 hours, you may have a light meal.** After your meal you may continue to drink clear liquids until you return to our office in the afternoon.

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What to expect at the facility:

Before	During	After
<p>You will check in through hospital registration and be called back into the patient care area by the Endoscopy staff.</p> <p>A nurse will go over your health history, medications, and get you ready for the procedure.</p> <p>Your GI doctor will meet with you to discuss the procedure, any symptoms or concerns you may have, and answer your questions.</p> <p>Your anesthesia provider will meet with you to discuss the procedure, your health history, and answer any questions you may have.</p>	<p>You will be wheeled into the procedure room and move yourself into a left side lying position.</p> <p>Once you are asleep, your GI doctor will perform your procedure and place the capsule.</p> <p>The procedure usually takes around 30 minutes or less.</p>	<p>You will wake up back in your original room with the capsule recorder belt attached around your waist. Most people feel good when they wake up.</p> <p>Once you are awake, your GI doctor will meet with you again and go over the details of the procedure with you, including pictures.</p> <p>A nurse will get you ready to go home and go over your discharge instructions with you.</p> <p>You cannot drive for 24 hours after receiving sedation.</p> <p>After you leave the facility, do not eat or drink anything. 2 hours after capsule placement, you may have clear liquids. 4 hours after capsule placement, you may have a light meal and continue to drink clear liquids.</p> <p>At 4:30 PM, have your driver return you to our clinic to be disconnected from the recorder belt. Come directly to our office on the 5th floor, suite 501.</p>

How to contact us:

- You can reach your physician's office at: **509.755.5220 M-F 8:00am-5:00pm. After hours/weekend calls will be routed to the physician on call.**
- For urgent questions about your procedure, please call the Endoscopy Department.

Deaconess Hospital Endoscopy

509.603.4877

- If you are unable to keep this appointment, please cancel or reschedule at least 72 hours in advance by calling 509.755.5220