



# ENDOSCOPY CAPSULE

## YOUR EXAMINATION

Your doctor has recommended a test known as an endoscopy capsule. This procedure involves swallowing a small capsule (about the size of a large vitamin capsule) that travels naturally through the digestive system while taking pictures of your digestive tract. These images are collected by a data recorder you wear on a belt around your waist and by a recorder worn on your shoulder for 12 to 15 hours.

The day after swallowing the capsule, you will have to come back to Hôtel-Dieu de Sherbrooke to return the device. The disposable capsule is eliminated spontaneously and naturally in your stool. In rare cases, natural elimination does not occur, requiring surgery or endoscopy.

In order for your doctor to obtain the most accurate information possible from this examination, please follow the instructions below.

## BEFORE YOUR EXAMINATION

### 7 DAYS BEFORE

**Stop taking iron pills and nonsteroidal anti-inflammatory drugs** (including Advil®, diclofenac, Motrin®, Celebrex®, Naprosyn®, etc.).

### 3 DAYS BEFORE

If you are taking pain medication (Empracet®, morphine, Dilaudid®, Duragesic®) or antidepressants, stop and tell your doctor.

### THE DAY BEFORE THE EXAM

If you smoke, stop 24 hours before the endoscopy capsule and during the entire examination.

Have breakfast before 8 a.m. Then, after breakfast, start a clear-liquid diet such as apple juice, white grape juice, white cranberry juice, water, clear broth, Ensure® (vanilla), or Glucerna® (vanilla). **Do not drink any colored liquids (no red, orange, green, or yellow).**

After 5:30 p.m., do not eat or drink anything except your usual medication with a sip of water.

If you have had a bowel resection, do not eat breakfast. Start your clear-liquid diet as soon as you wake up.

If you have a neurostimulator, you must turn it off 6 hours before the examination.

**If you are a type 2 diabetic**, read the attached document: *How to prepare for an endoscopy capsule – For a type 2 diabetics*

**If you are a type 1 diabetic**, you must consult your endocrinologist for precise instructions depending on your condition.

## THE DAY OF YOUR EXAMINATION

Do not take your usual medication in the morning. **Only people who are taking blood thinners (e.g., Coumadin® or Plavix®) can continue to take their medication.**

Please arrive at 7:30 a.m. at Hôtel-Dieu de Sherbrooke. Take door 25 and go to 4<sup>th</sup> D. Please register at the reception desk.

Wear a sweater made of a fine natural fiber (cotton, linen, etc.) that goes down to your hips. **Do not wear synthetic fabrics (no polyester or nylon).** You will not be able to remove the sweater until after the examination.

When you arrive, you will be asked to answer a few questions and give your consent.

The belt will be put around your waist, and the data logger will be installed on a shoulder strap. Once the device has been set up, you will be asked to swallow the capsule with a glass of water.

We will show you how to remove the belt at the end of the examination and tell you when to return the data logger.

## AFTER SWALLOWING THE CAPSULE

**Do not eat or drink anything for at least 2 hours** after you swallow the capsule. During these 2 hours, the manometry team will check at various times to determine if the capsule has passed through your stomach and entered your intestines.

If the capsule remains in your stomach

We will have to position it in the intestines with an endoscope introduced through your mouth.

Once the capsule has reached the small intestine

You can resume your regular activities.

The manometry team will let you know when you can resume having meals.

The capsule should be eliminated within 2 to 3 days after the examination. You do not need to recover it.

**In case of abdominal pain, nausea, or vomiting, contact the manometry team immediately at 819-346-1110, ext. 25459.**

## ONCE BACK HOME

Fill out the form for events that occur during the examination. Note the time and nature of any events (e.g., eating or drinking, activities, any unusual sensations): You will hand in this form the next day with the device.

Once you have swallowed the capsule and until it has been eliminated in your stool, **you must avoid all sources of electromagnetic fields**, such as a magnetic resonance device or an amateur radio (CB). Cell phones, microwave oven, and anti-theft detectors are not a problem.

Avoid physical exertion.

Avoid exposure to the sun and water.

Occasionally check that the small indicator light on the data logger is flashing blue twice a second. If the logger stops flashing at this rate or the light changes color, note the time of failure and contact the manometry team immediately at 819-346-1110, ext. 25459.

**Do not disconnect the device or remove the belt during the examination.**

Treat the data logger with care: it is a small computer. Do not subject it to any sudden movements.

## THE NEXT DAY

Return the recorder at the time agreed upon with the manometry department and hand in your event form.

Radio interference can sometimes result in images being lost. In rare cases, a new endoscopy capsule examination is required. If this happens to you, your doctor will advise you to have the examination at the hospital to prevent the problem from recurring.

## WHEN TO ASK FOR HELP

If you are not sure if you have eliminated the capsule and you experience unexplained nausea, abdominal pain, or vomiting after the examination:



Contact the manometry team (819-346-1110, ext. 25459) or your family doctor, who will order an abdominal X-ray, if necessary.



If you cannot reach the manometry team or your family doctor, go to the emergency room of the nearest hospital. Tell the doctor that you have had an examination with an endoscopic capsule.

## IMPORTANT

To avoid severe damage to your bowels, do not undergo a magnetic resonance examination until you are sure that the capsule is no longer in your body. Contact your doctor before undergoing magnetic resonance imaging.

If you have an implanted cardiac defibrillator, the test must be carried out at the hospital.

If you have Crohn's disease or have ever had problems with intestinal obstructions, you should have an initial examination with a biodegradable capsule to check its passage through the intestines. This is to avoid any intestinal obstruction with the conventional nondegradable capsule.

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### Revision and layout

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Direction des ressources humaines, des communications et des affaires juridiques

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May 2022 – 4-6-11411 (french version) | 4-6-11412 (english version)