

## Capsule Endoscopy

### What to expect during your Capsule Endoscopy

**Capsule endoscopy** is a noninvasive diagnostic procedure to visualize the inside of the small intestines. The PillCam capsule contains a tiny camera, a transmitter, and light. After the capsule is swallowed, it will pass through the stomach, intestines, colon, and rectum and eventually come out in the stool. It will take thousands of pictures of the small intestines and transmit them to a recorder worn on a belt around the waist. The data will be uploaded and created into a video that is analyzed by the physician. This video will help identify problems in the digestive tract and help formulate a diagnosis. If you have a history of conditions that put you at risk for the capsule becoming lodged in the small bowel such as small bowel obstructions or small bowel resections, a patency capsule should be performed first.

Your procedure is scheduled at  
**Christus St Vincent Digestive Health Center**  
455 St Michael's Drive  
Santa Fe, NM 87505

- Arrive 30 minutes prior to your scheduled procedure time.
- You **CAN** drive yourself home after the procedure.
- If you arrive more than 15 minutes late, your procedure may be rescheduled or delayed.
- Nursing staff will call you to review preparing instructions, medications, and confirm procedure details the week prior to your procedure appointment.
- If you have questions about preparing for your procedure, please call 505-913-5368.

#### **Billing Notice:**

You will receive multiple billings for services rendered associated with your procedure.

The service categories are as follows:

- Physician Fee: Northern New Mexico Gastroenterology Associates
- Facility Fee: Christus St Vincent

If you have questions about your benefits and coverage, please contact your insurance carrier.

#### **Sign Up for NNMGA Patient Portal**

You can request appointments, check your results, send your physician a message and update your medical record. For access call 505-983-5631.

For more information about our providers and instructions go to [www.nnmgastro.com](http://www.nnmgastro.com)

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### Capsule Endoscopy Preparation Instructions

Review the appointment documents received from Northern New Mexico Gastroenterology Associates office.

**\*If you are pregnant, have a cardiac defibrillator, gastroparesis, strictures or obstructions in the GI tract, you can NOT have this procedure. \***

#### 5 DAYS PRIOR TO THE PROCEDURE

- Stop taking Iron Supplements

#### THE DAY BEFORE THE PROCEDURE

- Stop taking Carafate and Antacids
- No smoking
- At 12:00 pm (Noon) start a clear liquid diet. This includes fruit juices, broth, popsicles, jello, plain coffee, tea, etc. Avoid blue, red, and purple dyes.
- Starting at 10:00 pm, please do not eat or drink anything.

#### THE DAY OF THE PROCEDURE

- You should take all essential prescription medications with a sip of water either 2 hours before the procedure or 2 hours after the study is complete.
- If you are diabetic, only take 1/2 your usual dose of long acting insulin and do not take oral diabetic medications the day of the procedure. Consult your prescribing physician if needed.
- Wear loose comfortable clothing to allow room for the belt and transmitter that will pick up data from the capsule.
- Please check in at Registration and they will guide you to the Digestive Health Center (DHC) for your procedure.
- Total procedure time is 8-12 hours.

#### AFTER THE PROCEDURE

- You may drink liquids starting 2-4 hours after swallowing the Capsule.
- You may have a light snack after 4-8 hours.
- At 8-12 hours, you may resume normal daily activities, diet, and medications following the procedure.
- Return the belt and recorder once the procedure is complete (8-12 hours). Please return equipment to the Information Desk inside the main entrance at Christus St. Vincent Hospital.
- Avoid MRI's while the capsule is inside your digestive tract. The capsule should pass naturally in your stool within the next few days.
- In the absence of symptoms, should you be concerned that the capsule did not pass; an abdominal X-ray can be obtained after 14 days to confirm its passage.

If you develop unexplained nausea, abdominal pain or vomiting, contact NNMG and your doctor right away at 505-983-5631.