



GRANITE PEAKS GASTROENTEROLOGY

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Patient Instructions for Undergoing a Capsule Endoscopy

Your physician has determined that as part of your medical evaluation you should undergo an examination known as a Capsule Endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) Given® Imaging M2A® Capsule which will pass naturally through your digestive system while taking pictures of your intestine. The images are transmitted to the SensorArray™ which is placed on your abdomen. The SensorArray™ is attached to a walkman-like device called Given® DataRecorder™ which saves all the images. It is located in the RecorderBelt™, which is worn around your waist. After 8 hours, you will remove the RecorderBelt™ and return it to your physician for processing. The M2A® capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:

Day before the Capsule Endoscopy:

1. After lunch on the day before the examination, start a clear liquid diet. From 6 pm the evening before, do not eat or drink except for necessary medication with a sip of water
2. Do not take any medication beginning 2 hours before undergoing Capsule Endoscopy.
3. Abstain from smoking 24 hours prior to undergoing a Capsule Endoscopy.
4. Male patients should shave their abdomen 6 inches above and below the navel on the day of the examination.

Day of the Capsule Endoscopy:

1. Arrive at your physician's office at the prescribed time for your Capsule Endoscopy in loose fitting two-piece clothing. Here, you will need to give informed consent to continue with the Capsule Endoscopy.
2. The SensorArray™ will be applied to your abdomen with adhesive pads and will be connected to the DataRecorder™ which you will wear in a belt around your waist.

After ingesting the M2A® Capsule:

1. After ingesting the capsule, do not eat or drink for at least 2 hours. After 4 hours you may have a light snack. 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 Capsule Endoscopy.
2. After ingesting the M2A® 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. You must verify that the capsule has been excreted before scheduling an MRI as this may cause damage to your intestinal tract. Occasionally, some images may be lost due to radio interference (e.g. from amateur radio transmitter, MRI, ETC). On rare occasions this may result in the need to REPEAT the Capsule Endoscopy examination.
3. The Capsule Endoscopy lasts approximately 8 hours. DO NOT disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder™ is actually a small computer; it should be treated with utmost care and protection. Avoid sudden movement and banging of the machine, you also need to keep all of the equipment out of direct sunlight, which may result in loss of information. You will also need to check every 15 minutes that the small light in top of the DataRecorder™ is blinking twice per second. If for some reason it stops blinking at this rate, record the time and contact your physician.
4. Avoid any strenuous physical activity, especially if it involves sweating, and do not bend over or stoop during the Capsule Endoscopy.

**R. Kyle Barnett, M.D. | Christopher S. Cutler, M.D. | Steven G. Desautels, M.D. | Andrew M. Heiner, M.D.
J. David Schmidt, M.D.**

Date: _____

Time: _____