

## INSTRUCTIONS FOR CAPSULE ENDOSCOPY (PILLCAM)

### Hobsons Bay Endoscopy Centre, under 75 years of age

You will need to obtain one sachet of Picoprep 15.5g from your chemist. A prescription is not required.

#### ON THE DAY BEFORE THE EXAMINATION

**You should consume only approved clear fluids after 12.00 midday.** (Approved clear fluids: Water. Clear fruit juices (Apple, Pear). Plain, lemon/lime jelly. Black tea & coffee (**no milk**). Bonox, Lucozade, carbonated beverages. Clear fruit cordials (Lemon/Lime). **No red or purple colourings.** Clear broth or clear bouillon. Barley Sugar).

**AT 7.00PM** – Mix the sachet of Picoprep in a glass of water (approx. 250ml) and stir until dissolved. Drink mixture slowly but completely. This should be followed by a glass of water or approved clear liquid. Have at least 1 glass per hour until 10.00pm. The bowel preparation may induce loose stools.

**IMPORTANT: You will need to fast from midnight. Have nothing to eat or drink after midnight.**

#### ON THE DAY OF THE EXAMINATION

Remain fasting.

**You will be required to attend at 7.30 am on.....at the:  
Hobsons Bay Endoscopy Centre  
179 Princes Hwy,  
Werribee.  
Ph 9731 8000**

**Please report to the Reception Desk on arrival.**

PLEASE NOTE: You will be allowed to leave the hospital after swallowing the capsule (about 9am). You will be able to have clear fluids two hours after swallowing the capsule and normal diet two hours later. **You will need to return to the hospital at 4 pm for the equipment to be removed.**

See over for PATIENT INFORMATION ON CAPSULE ENDOSCOPY (PILLCAM)

## PATIENT INFORMATION ON CAPSULE ENDOSCOPY (PILLCAM)

### **What is capsule endoscopy?**

Capsule endoscopy is a new technology designed to examine the small intestine. The test involves swallowing a capsule (about the size a large vitamin capsule) that takes multiple digital images of the small intestine. The images are transmitted to small sensors that are attached to the abdominal wall (like adhesive stickers). The small intestine is about 6 meters long and the capsule takes about 8 hours to travel through it. You should pass the capsule in your stools within two weeks of the test. The capsule does not need to be retrieved.

Capsule endoscopy is a day procedure. You will be required to attend the hospital in the morning for about 60 minutes where the leads and a special belt will be attached and you will be given the capsule to swallow. You may then leave the hospital and return late afternoon to return the attached equipment. No sedation or anaesthetic is required. You will be required to observe some dietary restriction the day prior and take some bowel preparation (see attached instructions sheet) which assists in improving image clarity.

After your return to the hospital the digital images are downloaded to a computer and are available for examination by the doctor from the following day.

### **Are there any risks to the patient?**

There is a small risk that the capsule could become stuck in the small bowel. This is uncommon. Estimated risk is 1 in 200. A previously normal small bowel barium test most likely indicates a reduced risk of this complication. Surgery may be required to remove a retained (stuck) capsule. An x-ray may be requested one to two weeks after the test if the capsule is not seen on the video images to enter the large bowel. Capsules should be flushed away.

On rare occasions technical problems or capsule retention in the stomach may mean a repeat procedure needs to be performed. Please notify Dr Miller before the test if you have a **pacemaker**.

### **Cost.**

Out-of-pocket fees may apply. Please discuss with Dr Miller's office 9417 1811 or Hobsons Bay Endoscopy 9731 8000.

### **Results**

Dr Miller will contact you by phone within 7 days of the test. Please contact the office on 9417 1811 if contact is not made.

If you have any questions concerning the procedure please contact Dr Miller prior to the test. (Rooms 9417 1811, pager service 9387 1000)