

Small Bowel Capsule Endoscopy

Small bowel capsule endoscopy allows your doctor to examine the lining of your small intestine. You will swallow a capsule the size of a large vitamin pill that contains a camera. You will wear a belt with a battery pack and small data recorder for 8 hours the day of the procedure. You will not be able to eat for 4 hours after swallowing the capsule. You may go about your normal daily activities while wearing the belt. The capsule is disposable and will be excreted naturally in a bowel movement. You do not need to retrieve or return the capsule.

PROCEDURE CHECK-IN

Virginia Mason Seattle—Buck Pavilion, Level 1

(After check-in, proceed to Level 3)
1100 Ninth Ave., Seattle, WA 98101
(206) 223-2319

Virginia Mason Seattle—Jones Pavilion, Level 5

(Access Jones via Level 5 of Central/Buck Pavilions)
1010 Spring St., Seattle, WA 98101
(206) 223-2319

3 DAYS BEFORE

- **STOP** taking all iron supplements.
- You may not undergo any **magnetic resonance imaging** (MRI) for 3 days following your capsule study. Please reschedule any MRI within this timeframe.

1 DAY BEFORE

- You may take your regular medications today.
- **After 5 p.m.**, begin clear liquid diet, such as Jell-O, apple juice and broth, and continue for the rest of the day.
- **At 5 p.m.**, drink 1 bottle of lime-flavored **magnesium citrate**. Magnesium citrate can be purchased at any pharmacy. It is a laxative and should produce a bowel movement, so be sure to be near a restroom after taking it.
- **After 12 midnight:** Nothing to eat or drink.
- **DO NOT** have any X-rays that involve swallowing liquid contrast 24 hours prior to your exam. If you must do so, please call our office to reschedule your appointment.

DAY OF TEST

- **DO NOT** take your morning medications unless your provider has given you additional instructions to do so.
- **Diabetic patients:** If you take insulin, please call the provider who manages your insulin prior to the procedure for instructions.
- **DO NOT** eat or drink anything this morning.
- Wear loose, comfortable clothing. Please wear a top made of natural fibers, such as cotton or linen (avoid polyester).

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- Avoid vigorous exercise during the study.
- You can resume your regular diet during the test, but please **avoid** drinking acidic and carbonated beverages, including soda, beer, wine, and juices like orange, tomato, grapefruit or other citrus juices.
- **DO NOT** take any antacid medications during the test.
- You will return to the GI Department in downtown Seattle **8 hours** after you swallow the capsule.

AFTER THE TEST

- You will be able to return to your normal activities.
- Your study results will be available to your ordering physician within 10 days.
- **Questions?** Please call us at (206) 223-2319.