



Medications

~ Almost all regular medications can be taken during the Capsule Endoscopy period.

~ However if you are diabetic or take

- GLP-1 agonist (ozempic, monjaro, saxenda - cease (WH) these ≥ 1wk prior)
- If you decrease caloric intake during clear fluid phase, adjust your insulin accordingly.

Two days before the Capsule Endoscopy

Consume a mostly 'white diet' for lunch and dinner

White Diet

Foods and Fluids permitted:

Clear fluids. Regular white bread/toast, rice bubbles cereal, eggs. White rice, regular pasta, potatoes (peeled) rice noodle. Plain rice crackers, white flour, sugar. Chicken breast and white fish (no skin). Milk (dairy, oak, almond, soy), white yogurt (no added fruit) mayonnaise, cream/sour cream, butter/margarine, oil to cook. Plain cream cheese, cheddar, ricotta, fetta, cottage or mozzarella cheese, white sauce. Vanilla ice cream, custard, white chocolate, clear jelly, 'milk bottle' or white confectionary

The day before the Capsule Endoscopy

You can have a white diet for breakfast. Then only clear fluids the day before.

***Clear fluids allowed:**

water, black tea or coffee (no milk), clear soup/broth, orange or yellow soft drinks, sports drinks or cordials, clear fruit juice without particles (i.e. apple), yellow or orange jelly (no red, purple, green or blue drinks or jelly)

***Fast / NBM midnight - nothing in am (a few sips are fine)**

Once you swallow the tablet camera you remain fasting for 2 hours, then water for 2 hours. Eat and drink freely after 4 hours.

What is a Capsule Endoscopy Procedure:

A small tablet camera with a light (10 mm in size) is swallowed and takes 1000s of regular, random photos of the digestive tract over the space of 8 hrs (Sometimes longer is needed). The images are transmitted wireless to a recorder via a belt. The recorder stores the images, and so the capsule is flushed into sewage (no need to retrieve).

The focus of the capsule study is the small intestine. The colon will not be empty and the stomach and large bowel (colon) should have already been examined at endoscopy & colonoscopy.

Dr J Hunt uses the latest technology by OMOM™ which has excellent picture definition and artificial intelligence to enhance lesion detection.

How is a Capsule Endoscopy Procedure done?

You wear a small recorder computer (x2 the thickness size of a mobile phone) and a recorder belt around your waist over one layer of clothing. You can go about your day, but people often prefer not to go to work as the recorder and belt are conspicuous.

Capsule Endoscopy Procedure Safety and risks

Complications are very rare. Around 1:2000 the capsule can become stuck in a diseased-narrow part of the intestine. If the capsule is stuck, it may require surgery to remove. Tell your doctor if you have had prior surgery on the small intestine, prior blockage, regular NSAID use, or know stricture or Crohn's disease.

Sometimes the views are not excellent/diagnostic. Occasionally (1:20) the capsule does not reach the end of the small bowel in the time available to record.

Even with excellent views and careful inspection of images, the number of folds and random nature of image capture means that lesions can be missed.



