

The Sydney Clinic for Gastrointestinal Diseases

Level 10, 1 Newland Street, Bondi Junction 2022
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Diseases of the Liver & Digestive Tract

Diagnostic & Therapeutic Endoscopy

Dr Philip Chang MB BS(Melb) FRACP

Provider No. 2526144W

Consultant Gastroenterologist & Hepatologist

An Accredited Facility (Maximum Award) by the Australian Council on Healthcare Standards

PATIENT INSTRUCTION FOR UNDERGOING CAPSULE ENDOSCOPY

Date:

Time:

Dr Chang has determined that as part of your medical evaluation, you should undergo a test known as Capsule Endoscopy. This procedure involves ingesting a single use Camera Capsule (the size of a large vitamin pill), which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to a sensor belt attached to a walkman-like recorder worn around the waist and over the shoulder.

In order for Dr Chang to get the most accurate information from this test, you will need to follow the directions listed below:

- The day before your Capsule Endoscopy, have a light meal at about 4pm.
- At 7pm take bowel preparation, i.e. One Picoprep dissolved in 250ml of water. This is to improve visualisation of the small bowel.
- Keep drinking clear fluids until 10pm, then fast.
- Arrive at the Newland Street Specialist Centre, Level 10, at 8am.
- Prior to swallowing the capsule, the sensor belt and recorder will be fitted.
- After the sensors have been fitted, you will then be instructed to swallow the capsule.
- Once the system has been verified, you may leave the clinic and resume your normal daily activities, and return to the Centre at 4.30pm.

On your return to the clinic, the recorder and belt will be removed. The images will be downloaded and processed, and a follow-up Capsule Review appointment will be made.

The capsule is disposable and will be excreted naturally in your bowel movement. In the very rare case that it is not excreted naturally, it may have to be removed endoscopically or surgically.

During the Recording Phase

Diet Instructions

- After ingesting the capsule, you can drink at 12 midday, and eat after 2pm.
- You should contact the Newland Street Specialist Centre immediately if you have any abdominal pain, nausea or vomiting, on 9369 3666.
- At completion of the study, you may return to your normal diet.

Physical Activity

- During the recording phase, avoid activities that can cause excessive movement of sensor placement.
- In addition, you should not remove the belt at any time during this period. Since the

recorder is actually a small computer, it should be treated with the utmost care.

Environment

- After ingesting the capsule, and until it is excreted, you should not be near any source of powerful electromagnetic fields, as some images may be lost.
- N.B. Microwave ovens, mobile phones and computers will not interfere with the device.

Contact Sister Wolfenden on 9369 3666.