

Capsule Endoscopy

How Capsule Endoscopy Works

A capsule endoscopy is a procedure that uses a tiny wireless camera to take pictures of your digestive tract. It helps doctors see inside your small intestine. This area isn't easily reached with other traditional endoscopy procedures.

The tiny camera sits inside a vitamin-size capsule. You swallow one capsule and it travels through your digestive tract. The camera takes thousands of pictures and sends them to a recorder you wear on a belt around your waist.

How to Prepare

- Stop taking all iron pills 5 days before you get your capsule endoscopy.
- The day before you get your capsule, a member of the GI team will call you to remind you of your arrival time.
- **Nothing to eat or drink for 12 hours before your arrival time.**

Instructions for the Day of Your Capsule Endoscopy

- Do not take any medications the morning you are coming in.
- Wear comfortable clothes. Layering your clothes may be helpful because the belt will sit on top of your clothing. It will stay there for the capsule time.
- Go directly to 3 West and check in at the desk.
- A nurse will come to explain what to expect and answer your questions.
- You will also see the physician who will read your study.
- The nurse will apply a belt and recorder to your abdomen. These can be adjusted for comfort and must remain on your body for 8 hours.
- You will swallow the capsule with a glass of water.
- **You may drink and eat a light meal 4 hours after swallowing the capsule.**
- The capsule will pass out of your body on its own. You do not need to retrieve the capsule.
- The recorder and the belt must be returned to 3 West reception desk the same afternoon/evening.

What to Expect

- **The capsule takes about 8 hours to pass through the bowel.** Your time may be a bit longer or shorter.
- **You will see a blue light flashing on the recorder. This means the recorder is reading the capsule.** Once the capsule has moved through the bowel, it will shut off automatically. The blue light will either turn yellow or will stop flashing completely.
- After you return the equipment, the video is downloaded and the doctor will review it. It can take up to a week to get results. We will call you as soon as we have the results.

Questions

If you have any questions or concerns, please call the Endoscopy Nurse Coordinator at **716-845-1300** Ext **2853** OR Ext **4225**.