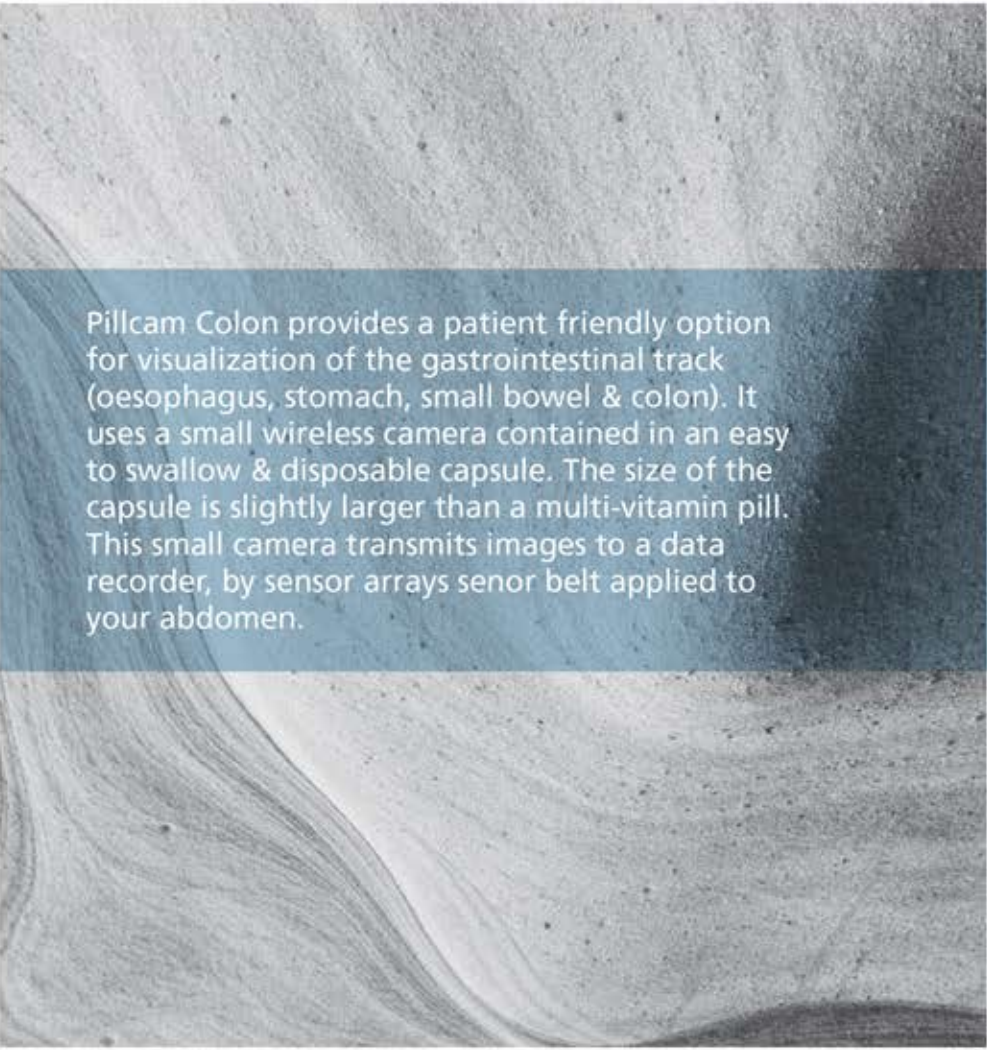


Patient Instructions for Colon Capsule – Preparation



Pillcam Colon provides a patient friendly option for visualization of the gastrointestinal track (oesophagus, stomach, small bowel & colon). It uses a small wireless camera contained in an easy to swallow & disposable capsule. The size of the capsule is slightly larger than a multi-vitamin pill. This small camera transmits images to a data recorder, by sensor arrays sensor belt applied to your abdomen.

It is important to read all of the instructions to ensure you are adequately prepared for your test.

Please bring a current list of medications with you.

PLEASE NOTE: IF YOU TAKE IRON OR IRON CONTAINING SUPPLEMENTS, STOP TAKING THEM ONE WEEK BEFORE THE PROCEDURE

If you have any queries regarding appointment date and time, please do not hesitate to contact us on 020 7317 7751.
For any queries regarding procedure or nursing advice please call 020 7794 0500 and ask for ext. 32404 or bleep 2966.

TWO DAYS BEFORE YOUR PROCEDURE

Please try to eat a low residue/fibre diet.

Low residue/fibre foods

White bread/toast, eggs, croissants, white meat, skinless chicken, grilled or poached fish, pasta, rice, boiled or mashed potatoes, clear soups, cheese, plain ice-cream, custard, jelly, water, fizzy drinks, squash.

High fibre food which you should avoid

Red meat, sausages, pies, nuts, pulses, baked beans, fruits, salad, wholemeal pasta, brown rice, vegetables, cakes, biscuits. Wholemeal or brown bread, fruit juices with pulp or seeds.

THE DAY BEFORE YOUR PROCEDURE

Clear liquid diet only, NO SOLID FOOD.

(Clear fluids that are 'see through' only please.)

Such as:

- Apple juice/clear fruit juices (no bits) or soft drinks
- Clear soups (Consommé, chicken broth, etc.)
- Tea or coffee (No milk)

You need to take 1 packet of Moviprep at 7pm.

How to mix Moviprep

- Open the clear bag of Moviprep and remove sachets A and B.
- Add contents of both sachet A and sachet B to 1 litre of water. Stir until powder is dissolved.
- Drink this solution over 1–2 hours.
- Try to drink a glassful every 10–15 minutes.

What you should expect to happen, after taking Moviprep

When you start drinking the Moviprep solution, it is important that you stay close to a toilet. At some point, you will start to experience watery bowel movements. This is quite normal and indicates that the Moviprep solution is working. It is important to drink plenty of clear fluids during this process to avoid dehydration.

ON THE DAY OF YOUR PROCEDURE

Please take second packet of Moviprep at 6am.

Please report to the Lyndhurst Rooms first floor reception area at your appointment time.

Sensors will be attached to your abdomen. You will then swallow the capsule. For the remainder of the test you are encouraged to be as active as possible.

After 45 to 60 minutes the nurse will check where the capsule is. If the capsule has passed through your stomach to the small bowel you will be free to leave the hospital.

If the capsule has not passed through to your small bowel the nurse will recheck every 30 minutes until it does. You may be given 10mgs of a medication called Metoclopramide. This will help the capsule move more quickly into the small bowel.

You will be given Gastrografin, fleet and a bisacodyl suppository to take when you get home. These laxatives act as a boost to propel the capsule through your bowel. Instructions on how to take those laxatives will be given to you by the nurse on the day.

During the test please occasionally check the blue flashing light on the data recorder. If the light stops flashing or changes colour please contact us on the number below.

You will be advised when you can have a light meal.

Please return to the hospital when the capsule has passed through your bowel into the toilet to have the sensors removed.

If the capsule has not passed by 5pm, you will be asked to keep the monitor on for the night and return to the hospital the following morning. The capsule is disposable; please flush it down the toilet.