

CAPSULE ENDOSCOPY PATIENT INSTRUCTIONS

Capsule Endoscopy involves swallowing a capsule the size of a large vitamin pill. As the capsule passes naturally through your bowel, it is taking pictures of your small intestine. The pictures are transmitted to small sensors placed on your abdomen, and then to a Data Recorder worn on your waist. The capsule, which is disposable, will pass through your bowel in a couple days after swallowing it. You do not need to retrieve it.

Please report to the Riecker Surgery Center for your procedure.

- ❖ Please stop taking iron supplements five days before the procedure.
- ❖ Notify the ordering physician if you have a history of an internal pacemaker, a defibrillator, prior bowel obstructions or difficulty swallowing.
- ❖ If you have problems with constipation, notify doctor's office for bowel prep instructions.
- ❖ Notify the doctor's office if you are insulin-dependent diabetic.

Special Instructions for Two Days Before Capsule Endoscopy

Take 2 Dulcolax Tablets in the morning and 2 tablets in the evening each day for 2 days prior to the procedure.

Special Instructions for the Day Before Capsule Endoscopy

1. At noon on the day before the Capsule Endoscopy, start drinking only clear liquids and **stop eating solid foods**. You may drink any clear liquid of your choice such as black coffee, sodas, clear juices and broth.
2. Do not smoke 24 hours prior to undergoing the procedure.
3. Do not drink anything after 10pm.

The Day of Capsule Endoscopy

1. Do not take any of your home medications before coming to the hospital.
2. Please wear comfortable, loose **two piece clothing** to the hospital.
3. Please take two Mylanta Gas (any 80 mg symethicone) tablets one hour before coming to the Riecker Surgery Center.
4. When you arrive at the Riecker Surgery Center, a nurse will complete a brief health history. Please bring a list of your medications.
5. The sensors will be applied and attached to the Data Recorder. You will be given the capsule to swallow. Further instructions regarding diet and activity will be given at this time.
6. You will report back to the Riecker Surgery Center eight hours from the time that the capsule is swallowed.

To Prevent a Delay or Cancellation of Your Surgery

MidMichigan Medical Center-Midland

Page 1 of 1

In order to prevent a delay or cancellation of your surgery, it is important that you carefully read and follow all of these instructions.

Call TODAY when your doctor schedules you for surgery:

- Call Centralized Scheduling at (989) 633-5252 or (888) 367-2778 between 7:30 am and 6:00 pm Monday thru Friday.
- Ask to schedule an appointment with "Polly".
- A phone appointment will be made with the Pre-Admission nurse to review your health history for the Anesthesiologist.

Appointment with "Polly":

- Have all your medication bottles available or an accurate list of your medications. Name of drug, dosage and frequency are needed.
- If any of these tests have been done, we will need the date and the location where test was done.

- Electrocardiogram (EKG)
- Stress test
- Echocardiogram (Ultrasound of heart)
- Heart catheterization/stent/angioplasty
- Pacemaker or ICD (Have implant card ready if available)
- Electrophysiologic study (EP study and /or ablation)
- Any heart surgery (heart bypass or valve surgery)
- Lung function test (PFT)

2 weeks prior to surgery

- Any testing ordered by your surgeon or the Pre-Admission nurse should be completed.
- If you are taking any Blood Thinning Medication, you must discuss with your surgeon if and when these need to be stopped. This **includes**: Aspirin, Plavix, Effient, Coumadin (warfarin), ibuprofen (motrin or nuprin), any arthritis drug (NSAID).

1 week prior to surgery

- Stop any herbal medications including vitamins or supplements.
- Stop any diet pills or diet supplements.
- You may continue calcium, iron, vitamins D, C and B, and multivitamins, if **Non-Herbal**.

Day before surgery between 3:00 pm and 5:00 pm

- Call (989) 839-1577 or toll free (888) 839-1577 to get your **Arrival Time**.
- If Monday surgery, call the Friday before.

The instruction sheet, as marked, has been explained to me. I have had the opportunity to ask questions and have received understandable answers to my questions. I understand these instructions and have received a copy for my use.

Patient Signature: _____

Instructed By: _____ Time: _____ Date: _____

Distribution: Original - Medical Record (Blue)

Revised 2/19/2016



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Discharge Instructions

Instructions for Gastroenterology Procedure

MidMichigan Medical Center-Midland

Page 1 of 1

Your procedure is scheduled at the Riecker Surgery Center, 4400 Wellness Dr. on: _____
Date

- The day before your procedure, call (989) 839-1577 or toll free 1-888-839-1577 between 3 p.m. and 5 p.m. for your arrival time. If your procedure is on Monday, call on Friday. Your arrival time is the time you need to arrive at the surgery center for your procedure admission process.
- Refer to prep instructions from your physician to determine when you should stop eating and drinking.
- Do **NOT** consume alcohol or tobacco products for **24 hours prior to procedure**.
- Follow any special instructions given to you by your physician. **This includes prep instructions.**
- Remove contact lenses and all jewelry, including body piercing. Leave all valuables at home.
- Take the following medications the day of surgery with a small amount of water: _____

- Stop the following medications: _____

- **Bring all medications in original containers, including insulin and inhalers.**
- Bring a copy of your Durable Power of Attorney-Healthcare
- If you use CPAP or BIPAP, please bring it with you to the hospital.
- Notify your physician of any changes in your health, including cold, fever, or flu.
- Since space is limited in the waiting room, please do not bring more than 2 responsible adults with you. Do not bring children, unless they are having a procedure.
- Minors need to be accompanied by parents or legal guardians on the day of surgery. **Legal guardians need to bring Proof of Guardianship on the day of surgery.**
- You need to have a **responsible adult** (someone 18 years or older) available throughout your stay to listen to discharge instructions, and **drive you home.**

Please follow any additional instructions given by your physician or nursing staff. If you have questions, call your physician's office or the Pre-admissions department at (989) 839-3217 or 1-888-773-2637, Monday through Friday, 8 a.m. to 5:30 p.m.

I have read and followed these instructions.

Patient Signature: _____ Date: _____ Time: _____
Witness Signature: _____ Date: _____ Time: _____

Distribution: Original - Medical Record; 1st Copy - Patient

Revised 1/23/2017



Discharge Instructions