

PATIENT INSTRUCTIONS FOR UNDERGOING CAPSULE ENDOSCOPY:

Your physician has determined that as part of your medical evaluation you should undergo an examination known as a Capsule Endoscopy. This procedure involves ingesting a small (the size of a large vitamin pill) Given® Imaging M2A® Capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the Sensor-Array™ which is placed on your abdomen. The Sensor-Array™ is attached to a walkman-like DataRecorder™ which saves all the images. It is located in the RecorderBelt™ which is worn around your waist. After 8 hours, you will return to your physician's office and the belt is removed for processing. The capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it will not be excreted naturally, it will need to be removed endoscopically or surgically. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:

SPECIAL NOTE: DO NOT TAKE ANY IRON SUPPLEMENTS FOR THE 5 DAYS PRIOR TO YOUR PROCEDURE

DAY BEFORE YOUR CAPSULE ENDOSCOPY:

1. After lunch on the day before the Capsule Endoscopy examination, start the liquid diet your physician prescribed.

At bedtime mix 1 packet of Miralax (or 1 capful depending which type you purchase) with 8 ounces of water (drink)

DAY OF YOUR CAPSULE ENDOSCOPY

1. **Hold medications the morning of your procedure.**
2. 1 hour prior to your appointment time mix 1 packet of Miralax (or 1 capful depending which type you purchase) with 8 ounces of water (drink)
3. Arrive at your physician's office at the arranged time for your Capsule Endoscopy dressed in loose fitting, two-piece clothing.
4. At your physician's office, you will have a pre-procedure interview. During this interview you should be informed that the Capsule Endoscopy is associated with a small chance of intestinal obstruction. You will be checked-in and asked to give your informed consent.
5. The Sensor-Array™ will be applied to your abdomen with adhesive pads and will be connected to the data recorder which you will wear on a belt around your waist. After that you will be instructed to ingest the M2A® Capsule.

AFTER INGESTING THE M2A CAPSULE:

1. After ingesting the capsule, do not eat or drink for at least 2 hours. After 4 hours you may have a light snack. After the examination is completed, you may return to your normal diet. The above instruction is related to eating apply, unless your physician specifies otherwise. Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during the Capsule Endoscopy.
2. After ingesting the capsule and until excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio.
3. Occasionally; some images may be lost due to radio interference (e.g. transmitter, MRI, etc.). On rare occasions this may result in the need to repeat the Capsule Endoscopy examination. In this case, the physician will advise you to stay within the premises of the clinic during the Capsule Endoscopy to prevent this problem from recurring.
4. Capsule Endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect or remove the belt at any time during this period. Since the DataRecorder™ is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the data recorder.

5. During the Capsule Endoscopy, you will need to verify every 15 minutes that the small light on top of the DataRecorder™ is blinking twice per second. If, for some reason it stops blinking at this rate, record the time and contact your physician. You should also record the time and nature of any event such as eating, drinking, you activity and unusual sensations. Return the Event Form with these notes to your physician at the time you return the equipment.
6. Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during the Capsule Endoscopy.

AFTER COMPLETING THE CAPSULE ENDOSCOPY:

1. You will be instructed by your physician on how to return the equipment at the end of the Capsule Endoscopy. If you were instructed to remove the equipment by yourself, do the following:
 - a. Disconnect the Sensor-Array™ from the DataRecorder™
 - b. Take off the RecorderBelt™ (with the DataRecorder™ and battery pack).
 - c. Disconnect the battery pack from the DataRecorder™.
 - d. Place the battery pack and data recorder in a safe place. To remove the Sensor-Array™ from your abdomen do not pull the leads of the Sensor-Array™. Peel off each adhesive sleeve starting with the non-adhesive tab without removing the sensor from the adhesive sleeve. Place the Sensor-Array™ with the rest of the equipment.
2. The data recorder stores the images of your examination. HANDLE ALL EQUIPMENT CAREFULLY. Do not expose them to shock, vibration or direct sunlight, which may result in loss of information. Return all the equipment to your physician's office as soon as possible.
3. If you did not positively verify the excretion of the capsule from your body, and you develop unexplained post procedure nausea, abdominal pain or vomiting, contact your physician for evaluation and possible abdominal X-ray examination.
4. Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the excretion of the capsule from your body, you should contact your physician for evaluation and possible abdominal X-ray before undergoing MRI examination.