**Before your study**

**Video Capsule Endoscopy (VCE)**

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**Date of study:** 
**Time to arrive:**

**Day before study:** *See Food and Fluid directions*

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### What is a video capsule endoscopy?

1. **A VCE is a small capsule.** It is about the size of a large vitamin pill. It has a camera inside.
2. You swallow the capsule. The capsule has a slippery coating. If you can swallow a pill, you can swallow a VCE.
3. The capsule moves slowly through the digestive system while taking pictures.
4. It takes about 12 hours for the capsule to move through your intestines. You will be at home during this time.

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### Belt/Sensors and Recorder

We place either a belt or 8 sensors over your abdomen. Each sensor is a little flat disk that we hold in place with tape.

- Capsule sends pictures to the sensors or belt.
- Sensors or belt connects to a small recorder.
- Recorder saves all the pictures.
- Recorder sits in a carrying case that you take with you.

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### Food and Fluid

**Very important**

*Please follow our food and fluid directions.*

This helps your doctor get the best information from your study.

*If you do not follow food and fluid directions, your study may be canceled.*

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<table>
<thead>
<tr>
<th>Time</th>
<th>What to eat/drink</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before 5 pm</td>
<td>Lunch and Early Dinner</td>
</tr>
<tr>
<td></td>
<td>Light meal</td>
</tr>
<tr>
<td>After 5 pm</td>
<td>Clear liquids only</td>
</tr>
<tr>
<td>Day of study</td>
<td>Nothing to eat or drink after 8 am</td>
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</tbody>
</table>

**CLEAR Liquids Only:**

- No carbonated (fizzy) drinks.
- No milk products.
- No red or purple liquids.

**You can have:**

- Water
- Clear broth
- Kool-Aid®
- Popsicles
- Coffee or tea
- Gatorade®
- Clear Jell-O®
Before the VCE

**Fever before study**
Please call the office immediately for a fever of 101.5 or greater.

**Plan child care**
Plan care for your other children.
Please do not bring other children.
Children cannot go into prep or procedure room with you.

Day of the VCE

**Clothing for VCE**
When you come for the study, dress in loose fitting, two piece clothing. Please wear a cotton T-Shirt.

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**Important:**
If you need to cancel or will be late:
Call 682-885-3597
If you need to cancel before the day of the procedure, call the GI Clinic as soon as possible.
682-885-1990

**Patient Registration**

Cook Children’s Medical Center:
Go directly to the surgery waiting room located on second floor. Check in and register. We will take you to the Special Procedure Area.

**Consent for Procedure**
- We will answer all your questions.
- We will ask you to read and sign the consent.

Before you sign this consent you need to know:
1. What is a Video Capsule Endoscopy?
2. Why and how do we do a Video Capsule Endoscopy?
3. What are the possible risks?

Starting the VCE at the Hospital
1. We will show you the equipment and tell you how it works.
2. We place the sensors or belt on your stomach and attach them to the recorder.
3. You swallow the capsule with a few sips of water.
4. You will not be able to eat or drink for part of the study. The nurse will give you more instructions on the day of the study.

Day after the VCE

The recorder and belt must be returned to the surgery waiting room before 10:00 am.

**Department of Gastroenterology**
Dodson Specialty Clinics 2nd Floor
1500 Cooper Street
Fort Worth, TX 76104
682-885-1990
cookchildrens.org

These instructions are only general guidelines. Your health care providers may give you special instructions. If you have any questions or concerns, please call your health care providers.
The healthcare provider talked to me about the information in this handout.

- I know what I need to do.
- I know why doing this is important.
- All my questions have been answered.
- I have a copy of this handout.

For staff use only

Video-Capsule-Endoscopy-Before-GI

Healthcare Provider

MRN (Medical Record Number)

Signed Name

Interpreter

Signed Name

Interpreter Number

Date

Time

Print or imprint Patient Information

MRN

CSN

Cook Children’s