

# Small Bowel Capsule Endoscopy

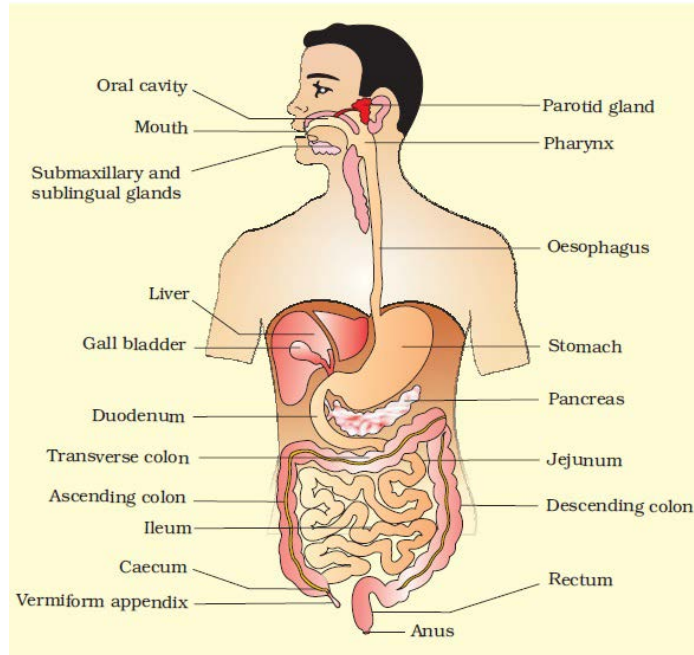
## Colyte® Prep

If you need to cancel or reschedule your procedure, please call us at 603-228-1763 at least 2 weeks in advance so we may accommodate other patients who are waiting to be seen

This procedure involves ingesting a small (the size of a large vitamin pill) capsule with a camera in it. The capsule will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to a sensor belt that you will wear around your waist. The belt is attached to a recorder that saves all the images. After 8 hours, you will return to the office and the recorder will be removed. The information from the recorder will be processed by the office staff. The capsule is disposable and will be excreted naturally in your bowel movement. In the rare case that it is not excreted naturally, it will need to be removed endoscopically or surgically.

7 Days Prior	1 Day Prior	Procedure Day
<p>Stop taking Iron supplements including multi-vitamins.</p> <p>Pick up the Colyte® (GoLYTELY®, NuLYTELY® or generic is okay) solution at your Pharmacy.</p>	<p><b>Abstain from smoking</b> 24 hours prior to your procedure.</p> <p><b>12:00pm:</b> Eat a regular lunch. After lunch, clear liquids only until 10:00pm.</p> <p><b>Allowed Liquids:</b> Water, clear fruit juices (pulp free), soft drinks, strained soups and bouillon, Jell-O®, popsicles, black coffee/tea (no milk or cream), lifesavers. <b>No red colored liquids or Jell-O®</b></p> <p><b>Between 3:00pm and 6:00pm:</b> Mix the Colyte® solution according to the package instructions. Drink 8 ounce glasses of the solution until half (1/2) of the solution is gone.</p> <p><b>After 10:00pm:</b> Nothing to eat or drink until after your procedure. Normal medications can be taken with a sip of water.</p> <p>If you are Diabetic, please take your medications as directed:</p> <p>_____</p> <p>_____</p>	<p><b>Arrive at 60 Commercial Street, Suite 404</b> at _____ on _____.</p> <p>Dress in loose fitting, two-piece clothing.</p> <p>You will receive further instructions at your procedure.</p> <p>Please call 603-228-1763 if you have any questions or concerns.</p>

# Human Digestive System



The human digestive system is a complex series of organs and glands that processes food. In order to use the food we eat, our body has to break the food down into smaller molecules that it can process; it also has to excrete waste.

Most of the digestive organs (like the stomach and intestines) are tube-like and contain the food as it makes its way through the body. The digestive system is essentially a long, twisting tube that runs from the mouth to the anus, plus a few other organs (like the liver and pancreas) that produce or store digestive chemicals.

## The Digestive Process

**The start of the process – the Mouth:** The digestive process begins in the mouth. Food is partly broken down by the process of chewing and by the chemical action of salivary enzymes (these enzymes are produced by the salivary glands and break down starches into smaller molecules).

**On the way to the stomach – the Esophagus:** After being chewed and swallowed, the food enters the esophagus. The esophagus is a long tube that runs from the mouth to the stomach. It uses rhythmic, wave-like muscle movements (called peristalsis) to force food from the throat into the stomach. This muscle movement gives us the ability to eat or drink even when we're upside-down.

**In the stomach –** The stomach is a large, sack-like organ that churns the food and bathes it in a very strong acid (gastric acid). Food in the stomach that is partly digested and mixed with stomach acids is called chyme.

**In the small intestine -** After being in the stomach, food enters the duodenum, the first part of the small intestine. It then enters the jejunum and then the ileum (the final part of the small intestine). In the small intestine, bile (produced in the liver and stored in the gall bladder), pancreatic enzymes, and other digestive enzymes produced by the inner wall of the small intestine help in the breakdown of food.

**In the large intestine -** After passing through the small intestine, food passes into the large intestine. In the large intestine, some of the water and electrolytes (chemicals like sodium) are removed from the food. Many microbes (bacteria like *Bacteroides*, *Lactobacillus acidophilus*, *Escherichia coli*, and *Klebsiella*) in the large intestine help in the digestion process. The first part of the large intestine is called the cecum (the appendix is connected to the cecum). Food then travels upward in the ascending colon. The food travels across the abdomen in the transverse colon, goes back down the other side of the body in the descending colon, and then through the sigmoid colon.

**The end of the process -** Solid waste is then stored in the rectum until it is excreted via the anus.