



# Digestive Health Center

## VIDEO CAPSULE ENDOSCOPY (VCE)

### INSTRUCTIONS

Appointment Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_ Physician: \_\_\_\_\_

\*\*Plan to spend 1 hour in the GI Lab

- Location
- 259 E Erie St, **Lavin** Pavilion,  
16<sup>th</sup> floor, Chicago, IL
  - 675 N Saint Clair St, **Galter** Pavilion,  
4<sup>th</sup> floor, Chicago, IL

#### **Insurance Codes:**

Procedure Code (CPT): \_\_\_\_\_

Diagnosis Code (ICD 10): \_\_\_\_\_

### Welcome

Northwestern Medicine Memorial Hospital strives for your experience with Endoscopy Services and the hospital to be excellent. Your safety and comfort are our primary concern and we want your stay to be an exceptional experience.

### Appointment Information

You will receive an arrival time for your test. Please be aware that your test may be delayed due to unforeseen circumstances.

**Please keep your original appointment. If you need to re-schedule your procedure, you MUST give at least a 7-day notice.**

#### Return:

You will return to the GI lab to return equipment at the end of the study. For an 8 hour VCE, the tech will instruct you what time to return the same day. For a 12 hour, the tech will instruct you when to return the following morning.

## Transportation and Parking

Parking for the Lavin location is available within the Lavin building located at 259 E. Erie Street, which is accessible from both Erie and Ontario streets. Bring your parking ticket to the GI lab for validation to receive a discount on your parking deck fee. Valet parking is available.

Parking for the Galter Pavilion is located at 222 E. Huron Street. Use second floor bridge to access Galter Pavilion.

If you are having another procedure the same day that requires sedation, please review the additional instructions for that procedure.

For more information on our parking garage locations, parking deck fees, and a map, please visit [www.nm.org](http://www.nm.org).

## About your test

The Video Capsule Endoscopy involves ingesting a small pill-sized camera to image the esophagus, stomach, and small intestine for conditions such as ulcers and bleeding. In order to capture clear images, please follow the instructions as written. If you have any questions about the test or your appointment, please contact the office at (312) 695-5620.

### Notify your physician if:

- You are scheduled for a magnetic resonance imaging test (MRI) following the examination period within 3 days. Please call (312) 695-5620 if you are unsure.
- If you have a history of bowel obstructions, abdominal radiation, or intestinal surgeries, please notify your ordering physician as you may be required to complete an Agile Test prior to the VCE test.
- If you have a history of constipation or poor prep associated with a past colonoscopy procedure, please notify your ordering physician as you may require additional preparation instructions and/or medications.
- If you have an Automatic Implanted Cardiac Defibrillator (AICD) or Pacemaker, notify your ordering physician and get your information card from your doctor. You will need to be monitored during this test.
  - Depending on the length of your test and your health history you may need to be admitted for a 23 hour observation stay at the hospital.
  - If you do not require an observation hospital stay, then you will be admitted to the endoscopy lab as an outpatient for the duration of your test.

<u><i>Timeline</i></u>	<u><i>Procedure Preparation</i></u>
<b>7 DAYS BEFORE THE PROCEDURE</b>	➤ Please stop taking iron supplements 7 days prior to your procedure.
<b>3 DAYS BEFORE THE PROCEDURE</b>	➤ Please contact your insurance company to verify coverage and if you will have any out of pocket costs, or precertification requirements. Please see the insurance/billing handout for more information on billing, coding, and potential out-of-pocket costs.
<b>THE DAY BEFORE THE PROCEDURE</b>	<p>➤ If you develop any moderate to severe cold symptoms (cough, sore throat, runny nose, etc.), a fever, new cut or wounds, or experience any other changes in your health before your procedure, please contact your physician’s office.</p> <p><b><u>Diet Instructions:</u></b></p> <ul style="list-style-type: none"> <li>➤ Drink only CLEAR LIQUIDS the entire day before your test. Avoid anything that is colored red or purple.</li> <li>➤ No solid food the entire day.</li> <li>➤ No food or drinks after 10pm prior to your procedure.</li> <li>➤ Do not drink alcohol on the day before your test.</li> </ul>

	➤ Do not smoke any cigarettes or chew any tobacco.
<b>THE DAY OF YOUR PROCEDURE</b>	<ul style="list-style-type: none"> <li>➤ Call your testing center if you cannot arrive at your scheduled time at 312.926.2425.</li> <li>➤ Do not eat or drink anything before your test. This includes hard candy and gum.</li> <li>➤ Take all of your regular medications as scheduled with a sip of water, unless any modifications have already been made by your physician to include blood thinners, diabetes medications, or any other medications.</li> <li>➤ You will be able to drink clear liquids <u>2 hours</u> after swallowing the capsule, and you will be able to eat a light meal <u>4 hours</u> after swallowing the capsule. The manometry technician will give you additional instructions while at the appointment.</li> <li>➤ Bring a photo ID and insurance card.</li> <li>➤ Wear loose-fitting, comfortable clothes.</li> </ul>

## VIDEO CAPSULE ENDOSCOPY PREPARATION GUIDELINES

### GENERAL

- **During the Video Capsule Endoscopy Test**
  - Video Capsule Endoscopy takes approximately 8 hours to 12 hours depending on the ordered length of your test. The GI Lab technician will explain the test to you and ask you several questions related to your GI symptoms. This test requires no anesthesia or sedation, and allows you to remain ambulatory during this test, but you should avoid exercising and heavy lifting.
  - You will be asked to swallow a video capsule, which will be carried through your gastrointestinal tract by muscle movements in your intestines. A data recorder will need to be worn around your waist for the entire test to capture the results. The capsule will record approximately 60,000 color images during your test, which will be reviewed by your physician.
- **After the Video Capsule Endoscopy Test**
  - After your test, it may take 24 hours for the capsule to be passed normally through your bowel movements and then is safely flushed down the toilet. Most likely, you will be unaware of the capsule's passage. You will not need to return this device to your physician's office as it is disposable. Unless instructed differently by your physician, you may resume normal activities, eat, and resume taking all of your normal medications.
  - Your results will be available within 7-10 business days after your procedure. If you do not receive your results via telephone or MyChart within 7-10 business days, please call your doctor's office.

### MEDICATIONS

- Take all of your regular medications as scheduled with a sip of water, unless any modifications have already been made by your physician to include blood thinners, diabetes medications, or any other medications.

**Additional Instructions:**

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**CONTACT INFORMATION**

*Please review this document and the FAQ section before calling our office with questions as your question may be answered from within this document.*

<b>Clinic</b> .....	312.695.5620
<b>Procedure Scheduling</b> .....	312.695.5620
<b>Pre-Certification</b> .....	312.926.4645
<b>Billing</b> .....	844.669.2455
<b>Financial counseling/price estimates</b> .....	312.926.6906
<b>Hospital</b> .....	312.926.9000
<b>Medical Records</b> .....	312.926.3376
<b>Digestive Health Fax</b> .....	312.695.7095
<a href="http://dhc.nm.org">dhc.nm.org</a>	