

## INSTRUCTIONS FOR **OVER** 75 YEAR OLDS

You will need to obtain one sachet of Glycoprep-C 70g from your chemist. A prescription is not required.  
If you are a diabetic, please contact Dr Miller's rooms on (03) 9650 7917 for advice on diabetic medications.

### THE DAY BEFORE THE EXAMINATION

**From 12.00 midday onwards, only consume approved clear fluids.**

**Approved clear fluids include:**

Water, clear fruit juices (apple, pear), plain lemon/lime jelly, black tea & coffee (no milk), Bonox, clear broth or clear bouillon, barley sugar, Lucozade, carbonated beverages, clear fruit cordials (lemon/lime). **No red or purple colourings.**

#### **AT 7.00PM**

- Mix the sachet of Glycoprep-C in 1 litre of water and stir until dissolved.
- Drink half the volume (approximately two glasses) of the mixture slowly but completely over 30 minutes.
- This should be followed by a glass of water or approved clear liquid.
- Have **at least 1 glass per hour** of water or appropriate clear fluid until 10.00pm.
- The remaining Glycopre-C mixture can be discarded.

The bowel preparation may induce loose stools.

**IMPORTANT: You will need to fast (have nothing to eat or drink) from midnight onwards.**

### ON THE DAY OF THE EXAMINATION

Remain fasting.

**Please report to the Reception Desk on arrival.**

You will be allowed to leave the hospital after swallowing the capsule (about 9am).

You may have clear fluids 2 hours after swallowing the capsule and return to a normal diet 2 hours later.

The sensor belt and data recorder should be worn until 10.30pm then removed.

You will need to return the data recorder and belt between 8:30am and 11:00am the following day.

#### **Your appointment:**

Date: \_\_\_\_\_

Time: \_\_\_\_\_

#### **Hobson Healthcare - Werribee**

179 Princes Hwy, Werribee.

T: (03) 9731 8000

## What is capsule endoscopy?

Capsule endoscopy is a new technology designed to examine the small intestine. The test involves swallowing a capsule (about the size a large vitamin capsule) which takes multiple digital images of the small intestine. The images are transmitted to a data recorder on a sensor belt that is worn around the abdomen.

## What is involved?

You will be required to observe some dietary restrictions the day prior and take some bowel preparation (see instructions on reverse) which assists in improving image clarity.

Capsule endoscopy is a day procedure and no sedation or anaesthetic is required.

You will be required to attend our facility in the morning for about 60 minutes. You will be given a capsule to swallow and the leads and a special belt will be attached to your abdomen. You may then leave the centre and return the equipment the next morning.

You should pass the capsule in your stools within two weeks of the test. The capsule does not need to be retrieved and can be flushed away. It is uncommon to observe the capsule pass into the toilet.

## Are there any risks to the patient?

There is a small risk that the capsule could become stuck in the small bowel. This is uncommon. Estimated risk is 1 in 200. Surgery may be required to remove a retained (stuck) capsule. An x-ray may be requested one to two weeks after the test if the capsule is not seen on the video images to enter the large bowel. On rare occasions technical problems or capsule retention in the stomach may mean a repeat procedure needs to be performed.

## Cost

Out-of-pocket fees may apply.  
Please discuss this with the Centre (03) 9731 8000

## Results

Dr Miller will contact you by phone within 7 days of the test.  
Please contact Dr Miller's office on (03) 9650 7917 if contact is not made.



**If you have any questions concerning the procedure please contact Dr Miller prior to the test.**

**Rooms:**  
(03) 9650 7917

**Pager service:**  
(03) 9387 1000

Hobson Healthcare is a Pulse Health Facility



## Hobson Healthcare Locations and Contact Details

### Hobson Healthcare – Werribee

179 Princes Highway  
Werribee VIC 3030  
T: 03 9731 8000 F: 03 9731 8001

### Hobson Healthcare – Altona

Cnr Queen & Sargood Street  
Altona VIC 3018  
T: 03 9398 8800 F: 03 9398 8822

### Hobson Healthcare – Sydenham

566 Melton Highway  
Sydenham Vic 3037  
T: 03 8361 6400 F: 03 8361 6700