



ESOPHAGEAL WIRELESS CAPSULE ENDOSCOPY INSTRUCTIONS

What is an Esophageal Capsule Endoscopy?

The ESO pill allows Dr. Berookim to visualize your esophagus without the need for a more invasive procedure such as an upper endoscopy performed on an outpatient basis in our Beverly Hills office. Patients arrive at the office earlier in the morning and swallow a pill-sized video capsule containing a miniature video camera, light bulb, battery and transmitter to photograph the inside lining of the esophagus. The capsule takes hundreds of photographs over a 20 minute period reviewed by Dr. Berookim. ESO pill procedure helps to identify and diagnose various esophageal issues including esophageal ulcers, esophagitis, hiatal hernia, esophageal varices, Barrett's esophagus and esophageal cancers.

Please inform our office if you had a previous history of a bowel obstruction, abdominal surgery, pacemaker placement, or difficulty swallowing. To ensure the best results of your capsule endoscopy, follow these instructions carefully and completely.

Day Before the Capsule Endoscopy:

You will need to fast 8 hours prior to your procedure time.

Day of Capsule Endoscopy:

Do not drink or eat anything prior to your procedure.

Do not take any medication prior to your procedure.

Do not apply lipstick or Chap Stick.

Wear comfortable loose clothing. Two-piece clothing is preferable because of the need to attach the data recorder.

Swallowing the PillCam:

You will be in the office for 20 minutes.

You will have 3 sensor leads attached to your chest and positioned to lie on your side during the exam.

Once you have swallowed the capsule every few minutes you will be given a small sip of water to drink for a total of 15 minutes. This will allow the capsule to slowly move down your esophagus.

After completing the exam

If you are not sure the capsule is out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact us for evaluation and possible abdominal X-ray examination. Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity.