

Digestive Health Center

Video Capsule Endoscopy (VCE) INSTRUCTIONS

Appointment Date: _____ Arrival Time: _____

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

To schedule, cancel, or reschedule this test, please call: (312) 695-5620

Return:

Please return to the clinic by _____ to remove the equipment.

About the Video Capsule Endoscopy (VCE)

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**.

Preparation for Your Test:

- 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 an Upper Endoscopy or EGD on the same day as your VCE, please review the additional set of instructions for the EGD procedure as there will be additional restrictions if you receive moderate sedation.
- 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.

7 DAYS BEFORE THE TEST

Stop taking the following medications:

Iron Supplements

THE DAY BEFORE YOUR TEST

- Drink **only CLEAR LIQUIDS** the entire day before your test. Avoid anything that is colored red or purple.
- **No** solid food the entire day.
- No food or drinks after **10pm** prior to your procedure.
- Do not drink alcohol on the day before your test.
- Do not smoke any cigarettes or chew any tobacco.

THE DAY OF YOUR TEST

- Do not eat or drink anything before your test. This includes hard candy and gum.
- 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.
- Wear loose comfortable clothing.
- You will be able to drink clear liquids **2 hours** after swallowing the capsule, and you will be able to eat a light meal **4 hours** after swallowing the capsule. The manometry technician will give you additional instructions while at the appointment.

Additional Instructions:

During the Video Capsule Endoscopy

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 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 test results will be analyzed and a report will be given to your physician within 7 business days of your visit. If you do not receive your results via telephone or MyChart within 7-10 business days, please call your doctor's office.

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.
- Parking for the Galter Pavilion is located at 222 E. Huron Street. Use second floor bridge to access Galter Pavilion.
- For more information on our parking garage locations, parking deck fees, and a map, please visit www.nm.org.

Insurance and Billing

To avoid any unforeseen charges, please verify benefits, coverage and preferred location(s)/providers for this procedure with your insurance company. Procedure and diagnosis codes can be found below.

Procedure (CPT) Code: _____

Diagnosis (ICD-10) Code: _____

Prior Authorization

Our prior-authorization department will check with your insurance plan to inquire if a prior-authorization is needed and this will be completed if your plan requires.

- If you have commercial insurance, please schedule your test at least 3 weeks in advance to allow for adequate time for prior authorization to prevent test cancellation or unexpected out of pocket expenses.
- However, please note that a prior-authorization **does not guarantee** payment, and **does not mean** you will not have any out-of-pocket cost after your insurance has paid. To find out if you need to expect to pay anything out of pocket, please call your insurance company and refer to the codes provided.
- Please call your insurance company 3 days prior to your procedure to verify that authorization has been received (**traditional Medicare and traditional Medicaid do not require prior authorization**).

- If your procedure has not been approved, please call our prior-authorization department at 312.926.4645.

Disclaimer: This form does not guarantee coverage. It does not authorize payment for services, including out-of-network services or procedure for which a patient is not covered.

Contact Information

Clinic: 312.695.5620

Procedure Scheduling: 312.926.0628

Pre-Certification: 312.926.4645

Billing: 844.669.2455

Financial counseling/price estimates: 312.926.6906

Hospital: 312.926.9000

Medical Records: 312.926.3376

Digestive Health Fax: 312.695.7095

dhc.nm.org

Notes:
