

## ***CAPSULE ENDOSCOPY INSTRUCTIONS***

**Day Before Procedure :** \_\_\_\_\_

You need to be on a clear liquid diet all day

\*Examples: Water, coffee, Tea, Sodas, Applejuice, Beef or Chicken Broth, Jello, Popsicles, Sherbet

\* No Solid Foods, Nothing Red in Color, No Milk or Milk Products

\*NOTHING TO EAT OR DRINK AFTER MIDNIGHT \*

**Day of Procedure:** \_\_\_\_\_ **Arrive** \_\_\_\_\_

- Ok to take medications with a small sip of water
- Wear loose fit clothing
- You should not lift or exercise during the 8 hour period following swallowing the capsule
- You may drive, walk ,sit, lay down or return to work if it does not require unsuitable environments or physical movement
- Please check every 15 minutes to make sure the blue light is still blinking on the data recorder. IF IT STOPS BLINKING OR CHANGES ANY OTHER COLOR ,PLEASE CONTACT THE OFFICE
- Please avoid MRI machines or radio transmitters
- Do not expose data recorder to shock, vibration or direct source of heat

### **After Swallowing the Capsule:**

- Drink 1 Liter of Water within 4 hours after ingest of capsule
- Return machine back to office @ 4:30pm
- After you leave the office @4:30pm, you can resume a regular diet and go back to solid foods, milk products , and red colors .
- Due to the amount of pictures the camera takes , it will take the doctor between 2-3 weeks to obtain results
- If you have any office , please contact our office at (706) 850-4985