

CAPSULE ENDOSCOPY INSTRUCTIONS

Procedure Date: _____ **Procedure Time:** _____

- If you are taking iron or iron containing supplements stop taking them one week prior to your scheduled Procedure.
- The Capsule Endoscopy will last 6 to 8 hours. You will be allowed to leave, drive, and go about your daily activities (with some exceptions).
- **At 4:45pm:** Return the equipment to the GI Clinic. Resume regular diet and activities.

DAY BEFORE PROCEDURE:

- If you are diabetic and taking insulin, take only half of your regular dose the day before your scheduled capsule endoscopy.
- Drink "regular" sugar containing liquid rather than sugar-free liquids on the day before the test.
- You may have a regular low fiber breakfast.
- Your lunch should include a light lunch (example: Soup and half a sandwich)
- **After lunch you will be on a clear liquid diet.** This includes: iced or hot tea, black coffee, clear broth, Apple or white grape juice, soda, Jell-O (do not have red or purple products)
- **Do not eat or drink anything after midnight.**

At 5 PM the day before your procedure:

- Drink one bottle of magnesium citrate (Please buy this over the counter in the laxative aisle). Follow this with one large glass of water within 30 minutes of consumption.

The day of the capsule endoscopy:

- Do not take medications the morning of your van. You may bring them with you and you will be able to take them two hours after swallowing the capsule.

What to wear:

- Dress in layers (A T-shirt or tank top as your base layer, followed by a sweater, sweatshirt, or jacket). This will ensure that you will be more comfortable as temperature changes throughout the day.

Activity level: You can go about your normal day.

If you choose to exercise, a light to moderate exercise that does not involve you taking off the transmitter or flipping the transmitter upside down, is OK.

AFTER CAPSULE ENDOSCOPY IS SWALLOWED:

- DO NOT eat or drink for 2 hours.
- **Contact MY office immediately if you have any abdominal pain, nausea or vomiting anytime after ingesting the capsule.**
- After ingesting the capsule and until it is excreted, you should not be near any source of powerful electromagnetic field such as one created near an MRI device or amateur (ham) radio. Occasionally, some images may be lost due to radio interference. On rare occasions, this may result in the need to repeat the procedure.
- The Capsule Endoscopy will last 8 hours. During the Capsule Endoscopy try to avoid any strenuous physical activity. Do not bend or stoop during the procedure. In addition, you should not remove the belt at any time during this period.
- Every 15 minutes, you will need to verify that the small green /blue light on the top of the recorder is still blinking. If for some reason it stops, please record the time and contact my office.

DIET:

* **0-2 hours** after swallowing capsule: Do not eat or drink.

* **2 hours** after swallowing capsule: Clear liquids.

* **4 hours** after swallowing capsule: Light snacks.

* **6 hours** after swallowing capsule: Regular diet.

Clear Liquid Diet List: (avoid anything that is colored Red or Purple)

* Beverages: Soft Drinks: orange, ginger ale, cola, Sprite, 7-Up, Gatorade G/G2, Kool-Aid

* Strained fruit juices without pulp: apple, white grape, orange, lemonade

* Water, tea, coffee (no milk or non-dairy creamer)

* Soups: Low-sodium chicken or beef bouillon/broth (broth may be strained off regular soup)

* Desserts: Jell-O (lemon, lime, or orange; no fruit or toppings), Popsicles (no sherbet or fruit bars)