Patient Instructions for AGILE Capsule Endoscopy

Patient Name: ____________________________

Examination Date: ________________       Arrival Time: 8:30am

To ensure the best results for your AGILE Capsule Endoscopy of the small bowel, please follow your doctor's instructions carefully and completely. This Endoscopy cannot be scheduled on a Friday.

Day Before the AGILE Capsule Endoscopy

1. Start a FULL LIQUID DIET after lunch. See attached list.

2. Do not eat or drink 6 hours prior to the procedure (except for necessary medication with a sip of water).

Day of the AGILE Capsule Endoscopy

1. Do not take any medication 2 hours before the start of the endoscopy.

2. You will be given a prescription for an X-ray of the abdomen to be done 24-30hrs after swallowing the AGILE capsule.

After swallowing the AGILE Capsule

The procedure will last approximately 8-9 hours. If you have any abdominal pain, nausea, or vomiting during the procedure, contact Dr. Buch's office (331-8146) immediately.

- You may drink colorless liquids starting 2 hours after ingestion of the capsule.

- You may have a light snack 4 hours after ingestion of the capsule. (You will return to your normal diet after 3:30pm.)
Full Liquid Diet

Learn how the new prebiotic soluble fibers benefit bowel health and many GI disorders

Purpose
The full liquid diet is often used as a step between a clear liquid diet and a regular diet, for example, after surgery or fasting. It may also be used after certain procedures, such as law wiring. This diet may also be appropriate for patients who have swallowing and chewing problems.

Nutrition Facts
The full liquid diet is low in iron, vitamin B12, vitamin A, and thiamine. It should not be used for a long period of time unless vitamins, iron, or liquid nutritional supplements are added. This diet has 1800 mg of calcium, so extra calcium is not needed.

<table>
<thead>
<tr>
<th>Food Groups</th>
<th>Recommend (excluding iron, B12, A, and thiamine)</th>
<th>Avoid (including iron, B12, A, and thiamine)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk &amp; milk products</td>
<td>milk, milkshakes, eggnog, ice cream, custard, pudding</td>
<td>all cheeses:</td>
</tr>
<tr>
<td>Vegetables</td>
<td>all vegetable juices</td>
<td>all raw or cooked vegetables</td>
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<tr>
<td>Fruits</td>
<td>all juice or nectar</td>
<td>all fresh, frozen, or canned fruit</td>
</tr>
<tr>
<td>Breads &amp; grains</td>
<td>cooked refined cereals; farina, grits, oatmeal, cream of rice, cream of wheat</td>
<td>all other cereals, all breads</td>
</tr>
<tr>
<td>Meat or meat substitutes</td>
<td>none</td>
<td>all</td>
</tr>
<tr>
<td>Fats &amp; oils</td>
<td>butter, margarine, cream</td>
<td>all others</td>
</tr>
<tr>
<td>Sweets &amp; desserts</td>
<td>sherbet, sugar, hard candy, plain gelatin, fruit, ice, honey, syrups</td>
<td>all others</td>
</tr>
<tr>
<td>Beverages</td>
<td>all</td>
<td>none</td>
</tr>
<tr>
<td>Soups</td>
<td>broth, bouillon, strained creamed soups</td>
<td>all others</td>
</tr>
</tbody>
</table>

Sample Menu

**Breakfast**
- Fruit juice 1 cup
- Hot cereal 1/3 cup
- Eggnog 1 oz
- Whole milk 1 oz
- Ice tea with sugar & lemon

**Lunch & Dinner**
- Strained creamed soup 3/4 cup
- Juice 1 cup
- Ice cream 1/2 cup
- Pudding or custard 1/2 cup
- Whole milk 1 oz
- Hot tea with sugar & lemon
- Salt/pepper

This Sample Diet Provides the Following

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
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<tbody>
<tr>
<td>2100</td>
<td>110 mg</td>
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</tbody>
</table>