

## 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 **can not** 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

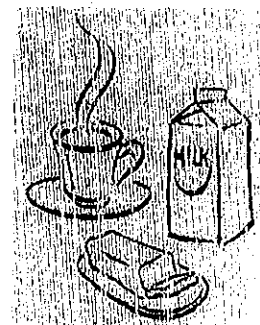
Learn how the new prebiotic soluble fibers benefit bowel health and many GI disorders

### 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 jaw 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.



### Food Groups

Group	Recommend	Avoid
<b>Milk &amp; milk products</b>	milk, milkshakes, eggnog, ice cream, custard, pudding	all cheeses
<b>Vegetables</b>	all vegetable juices	all raw or cooked vegetables
<b>Fruits</b>	all juice or nectar	all fresh, frozen, or canned fruit
<b>Breads &amp; grains</b>	cooked refined cereals; farina, grits, oatmeal, cream of rice, cream of wheat	all other cereals, all breads
<b>Meat or meat substitutes</b>	none	all
<b>Fats &amp; oils</b>	butter, margarine, cream	all others
<b>Sweets &amp; desserts</b>	sherbet, sugar, hard candy, plain gelatin, fruit ice, honey, syrups	all others
<b>Beverages</b>	all	none
<b>Soups</b>	broth, bouillon, strained creamed soups	all others

### Sample Menu

#### Breakfast

- fruit juice 1 cup
- hot cereal 1/2 cup
- eggnog 8 oz
- whole milk 3 oz
- hot 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 8 oz
- hot tea with sugar & lemon
- salt/pepper

### This Sample Diet Provides the Following

Calories

2100

Fat

80 mg