

## **Patient Instructions for Capsule Endoscopy**

Patient Name \_\_\_\_\_

Date of Procedure: \_\_\_\_\_

### **The Day Before Capsule Endoscopy**

1. After lunch on the day before your exam, start a clear liquid diet (water, clear fruit juices, coffee or tea without milk, soda, Gatorade or Powerade (not red or purple), chicken or beef bouillon, jello (not red or purple).
2. Starting from 12 pm (midnight) the evening before your exam, do not eat or drink anything except necessary medications with a sip of water.
3. Abstain from smoking 24 hours prior to undergoing capsule endoscopy.

### **Day of Capsule Endoscopy**

1. Arrive in the office at the prescribed time for the exam. Wear an upper garment made of thin, natural fiber cloth (such as cotton) that is long enough to reach at least to hip level and will not ride up above the belt. Examples: long t-shirts or undershirts, button down shirts made mostly of cotton
2. After ingesting the capsule, do not eat or drink for at least 2 hours. After 2 hours past ingesting the capsule, you can have clear liquids (water, clear fruit juices, coffee or tea without milk, soda, Gatorade or Powerade, broth, jello).
3. After 4 hours past ingesting the capsule, you may return to your normal diet.
4. Contact the office immediately if you experience abdominal pain, nausea or vomiting during capsule endoscopy.
5. During your capsule endoscopy examination, you will need to verify every 30-60 minutes that the small blue light on top of the data recorder is blinking. If, for some reason it stops blinking, record the time and contact your physician.
6. After ingesting the capsule camera and until it is excreted (this can normally take up to 7 days after ingestion), you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio. Do not anticipate seeing the capsule when it is excreted in the toilet bowl. The capsule camera is disposable. Do not re-ingest the capsule after excretion.
7. Avoid any strenuous physical activity especially if it involves sweating while wearing the capsule recorder monitor.
8. Capsule endoscopy lasts approximately 8 hours. Do not disconnect the equipment or remove the belt at any time during this period. Since the Data Recorder is actually a small computer, it should be treated with utmost care and protection. The data recorder stores the images of your examination. Handle the Data Recorder and Sensor Belt carefully. Do not expose them to shock, vibration or direct sunlight, which may result in loss of information.
9. After 8 hours from ingesting the Capsule or at a specified time set by your physician, return to the office to remove the Sensor Belt and Data Recorder.