GREAT LAKES GASTROENTEROLOGY

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Capsule Endoscopy
Patient Instructions

Date: / / Arrival Time: 8:45am

To ensure the best results for your capsule endoscopy, please follow the instructions carefully and completely.

Do Not take Iron one week prior to capsule endoscopy

The Day before Capsule Endoscopy:

Begin a clear liquid diet at 4:30PM. This diet consists of tea and coffee (without cream), carbonated beverages, fruit flavored drinks, strained fruit juices, broth, popsicles, Jell-O, honey, hard candy, and water.

Do Not eat or drink anything after midnight except for necessary medication with a small sip of water.

The Day of Capsule Endoscopy:

1. Nothing by mouth after 6:30AM-Including medication.
2. Wear a shirt made of thin, natural fiber, that buttons all the way down.

After Swallowing the Pillcam/Capsule:

The Capsule Endoscopy will approximately last 8-9 hours. You will need to return to the office at 4:30pm the day of placement, for removal of equipment. Contact the office immediately at 440-205-1225, if you suffer from any abdominal pain, nausea, or vomiting during the procedure.

1. You may drink clear liquids starting at 11:00AM after swallowing the capsule.
2. You may have a light snack (soup, sandwich, salad) at 1:00PM.
3. You may return to normal diet after the exam is complete.
4. Be sure the sensor belt is tight at the waist, do not attach anything to it, do not remove it or disconnect it any time during the exam.
5. Check the blue flashing data recorder light, if it stops blinking or changes color, note the time and come into the office.
6. Avoid strong electromagnetic fields such as MRI devices ham radios after swallowing the capsule, until you pass it in a bowel movement.
7. Treat equipment carefully, Avoid sudden movements, strenuous physical activity, bending, vibrations, and direct sunlight.

After Completing the Exam:

1. If you are not sure if the capsule has passed out of your body and you develop unexplained nausea, abdominal pain, or vomiting, contact the office.
2. Undergoing a MRI while the capsule is inside your body may result in damage to your intestinal tract or abdominal cavity. If you are not certain the capsule is out of your body, contract your physician for evaluation and possible abdominal x-ray to having an MRI.

Great Lakes Gastroenterology
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