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## **CAPSULE ENDOSCOPY INSTRUCTIONS**

**Day Before Procedure:** \_\_\_\_\_

- **All day you will need to be on a clear liquid diet.**
- Examples: Water, Coffee, Tea, Sodas, Apple Juice, Beef or Chicken Broths, Jello, popsicles, sherbert, ect.
- **NO SOLID FOODS, NOTHING RED IN COLOR, AND NO MILK PRODUCTS**
- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT**

**Day of Procedure:** \_\_\_\_\_

**Arrive @ \_\_\_\_\_ and return @ \_\_\_\_\_**

- **CLEAR LIQUID DIET ALL DAY UNTIL PATIENT RETURNS TO THE OFFICE AT 4:30pm**
- No medication two hours prior to procedure (speak with nurse regarding any medications).
- Wear loose fit clothing.
- You may resume medications four hours after swallowing capsule.
- Patient should not lift or exercise during the 8 hour period following swallowing the capsule.
- Patient may drive, walk, sit, lay down, or return to work if it does not require unsuitable environments or physical movement.
- Please check every 15 minutes to make sure the blue light is still blinking on the data recorder. If it stops at anytime please contact our office.
- Please avoid MRI machines or radio transmitters until capsule has passed.
- Do not expose data recorder to shock, vibration, or direct source of heat.

**After Swallowing the Capsule:**

- You may resume clear liquids two hours after swallowing the capsule. Clear liquids will continue until you com back to our office at 4:30pm
- After you leave the office at 4:30pm, you can resume a regular diet and go back to solid foods, milk products, and red colors.
- Due to the amount of pictures the camera takes, it will take about 2-4 weeks to receive test results. Thanks for you cooperation!

