



Southeast Valley Endoscopy Center

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Patient Instructions for Capsule Endoscopy

Patient Name: _____

Examination Date: _____ (**This test to be performed in the Endoscopy Center.)

To ensure the best results for your capsule endoscopy procedure follow these instructions carefully and completely.

The Day Before Capsule Procedure:

1. Start a clear liquid diet after lunch (**no later than 1:00 PM**)
2. **Do not eat or drink anything** except for necessary medications with a sip of water **12 hours** before your scheduled appointment time.

The Day of the Capsule Endoscopy:

1. Do not take any medication 2 hours before your scheduled appointment
2. Do not apply any body lotion or powder to your abdomen.
3. Wear loose fitting, two piece clothing. Your upper clothing should be opaque, not sheer. You may wish to bring a belt to hold the data recorder in place.
4. Arrive for you appointment at the scheduled Date/time: _____

After Swallowing the Capsule:

The capsule endoscopy procedure will last approximately 8 – 9 hours. Contact the Endoscopy Center at 480-855-2039 immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.

1. You may drink colorless liquids starting two hours (at _____) after swallowing the capsule.
2. You may have a light snack (soup, sandwich, salad) 4 hours after swallowing the capsule.
3. Check the blue flashing DataRecorder light every 15 minutes to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact the endoscopy center.
4. Use the Capsule Endoscopy Event Form to note the time of any event such as eating, drinking or a change in your activity. Return the completed Event Form to the Endoscopy Center at the time you return the equipment.
5. Avoid strong electromagnetic fields such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement.
6. Do not disconnect the equipment or completely remove the belt at any time during the procedure.
7. Treat the DataRecorder carefully. Avoid sudden movements and banging of the DataRecorder.
8. Avoid direct exposure to bright sunlight.
9. Return to the Endoscopy Center at _____ PM today for removal of the DataRecorder.

If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact your doctor for evaluation.

If you are scheduled for a MRI and you are not sure if the capsule has passed out of your system contact your Dr's office for evaluation and possible scheduling of an abdominal X-ray to determine the capsule's location.