



# GASTROENTEROLOGY ASSOCIATES

*Consultative Gastroenterology, Hepatology and Gastrointestinal Endoscopy*

## Capsule Endoscopy - Office

Patient Name: \_\_\_\_\_ Date of Procedure: \_\_\_\_\_

Arrival Time: 7:30 am Place: Gastroenterology Associates (Suite 205 West) Physician: \_\_\_\_\_

### Preparing for your Capsule Endoscopy:

1. Stop taking the following seven days before your procedure:
  - a. Iron supplements, vitamins containing iron
  - b. Maalox, Mylanta, Pepto-Bismol, Carafate, bulk forming agents (Metamucil, Fibercon, Citrucel, Konsyl and Colon Care)
  - c. Fat free foods containing olestra/olean
  - d. Refrain from eating fried foods
  - e. **DO NOT TAKE ANY LAXATIVES PRIOR TO STUDY.**
2. Narcotics and anti-spasmodics can cause a delay in emptying of the stomach and intestine. This will make it difficult to visualize the entire bowel during the study.

### Instructions The Day Before Your Procedure: **Do not drink anything after midnight the evening before you are scheduled for the capsule endoscopy.**

1. Males should shave your abdomen six inches above and below the navel on the day before your scheduled capsule Endoscopy.
2. Take the prescribed Reglan 10cc's by mouth at 10:00am the day before your procedure (prescription enclosed).
3. Follow a clear liquid diet starting at lunch the day before you are scheduled for the capsule endoscopy.

**You may have the following liquids to drink:**  
Clear fruit juice such as white grape juice and apple juice, clear soup, broth or bullion, popsicles that are not red or purple in color, hard candies, 7-Up, Sprite, Ginger Ale, Jell-O that is not red or purple in color, Kool-Aide that is not red or purple, Gatorade.

**You may NOT have the following:**  
Milk, cream, non-dairy creamer, orange juice, tomato juice, alcoholic beverage, milk shakes, tea or coffee, orange soda, Coke or Pepsi.

### The Day of the Procedure: You should wear comfortable, loose fitting clothing to your procedure.

Do NOT take your routine morning medicines on the morning of the capsule endoscopy. You will be instructed to take your medications 2 hours after swallowing the capsule-BE SURE TO BRING YOUR MORNING MEDICATIONS WITH YOU.

**Please call the following number immediately if you have any unusual abdominal or chest pain, fever, difficulty swallowing, nausea or vomiting after swallowing the capsule: 812-477-6103, ext 710**

1. Two hours after swallowing the capsule you may drink water, 7-Up or Sprite.
2. You may take your routine medication two hours after swallowing the capsule.
3. You may have a light snack four hours after swallowing the capsule.
4. Do not exercise. Avoid heavy lifting. No bending over or stooping down. You may walk, sit and lay down. You may drive an automobile. You may return to work.
5. No smoking the day of the procedure.
6. Avoid going near MRI machines and radio transmitters. You may use a computer, radio, stereo or cell phone.
7. Do not stand directly next to another patient undergoing capsule endoscopy.
8. Do not touch the recorder or the antenna array leads. Do not remove the leads
9. You may loosen the belt to allow yourself to go to the bathroom. Do not take off the belt.
10. Every 15 minutes during the capsule endoscopy you will need to verify the small green/blue light on the top of the recorder is blinking. If it stops blinking, please record the time and return to the place your procedure is scheduled.
11. Record the time and nature of all events such as drinking, having a bowel movement or any unusual sensations.
12. The capsule is disposable and will pass naturally in your bowel movement, usually with 24 hours.