

EAST CAROLINA GASTROENTEROLOGY PA

Instructions before Capsule Endoscopy

1. Your test is scheduled for _____ at 8am.
2. Eat a regular breakfast and lunch the day before your test(_____) Then start a clear liquid diet from 1 P.M.
AVOID RED JELLO OR RED LIQUIDS.
3. At 4 P.M on (_____) Drink HALF gallon (2 liters) of Nulytely/Golytely over 2 hours drinking 8oz every 10-15 minutes. Take two tablets of Gas-X at 9-10 P.M
4. From 12:00 midnight the evening before Capsule Endoscopy, do not eat or drink except for necessary medication with a sip of water.
5. Do not take any medication beginning 2 hours before undergoing Capsule Endoscopy. Take your usual morning medication at 6 A.M
6. Abstain from smoking 24 hours before undergoing Capsule Endoscopy.
7. **DO NOT** take Iron Supplements, Motrin, Advil, Aleve, or any other Ibuprofen containing drugs for 7 days prior to your test.

Instructions the morning of Capsule Endoscopy

1. Arrive at your physician's office at the prescribed time for your Capsule Endoscopy dressed in loose fitting, two pieced clothing.
2. At your physician's office, you will have a pre-procedure interview. During this interview you should be informed that the Capsule Endoscopy is associated with a small chance of intestinal obstruction. You will be checked-in and asked to give your informed consent.
3. A Velcro belt will be place around your waist, and a purse-like pouch will be placed around your neck and shoulder. You will then be asked to swallow a vitamin-sized capsule. The capsule will pass naturally in your stool and may be safely flushed down the toilet.

Instructions during your Capsule Endoscopy

You have just swallowed a Capsule Endoscope. This sheet contains information about what to expect over the next 8 hours. Please call our office if you have severe or persistent abdominal or chest pain, fever, difficulty swallowing, or if you just have a question.

Our Phone number is 910-353-6158

Ask to speak with the nurse.

1. **DO NOT EAT OR DRINK for 2 hours after swallowing the capsule.**
2. **After the first two hours you can then have CLEAR LIQUIDS ONLY for the next 2 hours.**
3. After 4 hours you may have soups, crackers, toast and other light snacks until your test is completed.
4. **After 2 P.M, you may eat or drink normally.** You may take your medications at this time as well.
5. Look at the recorder every 30 minutes to see that the light is blinking. If not please call our office.
6. Do not exercise. Avoid heavy lifting. You may walk, sit, and lay down. You can drive a car. You can return to work. **Please avoid any activities that would require removal of the equipment you are wearing.**
7. Avoid going near MRI machines and radio transmitters. You may use a computer, radio, stereo, or cell phone. We advise that you avoid going to the bank, airport or government facilities during your test.
8. Do not stand directly next to another patient undergoing Capsule Endoscopy.
9. **Do not touch the recorder or remove the equipment you are wearing.**
10. Do not let water on the belt or the recorder. This is a very expensive equipment that could be damaged if not handled properly.
11. Return to the office at **4:15 PM** for disconnection and removal of the equipment.