

Capsule Endoscopy

Date: _____ Arrive at 8:00AM, and return to office the same day at 4:30PM

Follow up visit: _____

Pre-Capsule Endoscopy Information

One week before your capsule endoscopy appointment:

Stop taking iron products. You may continue all other medications including anticoagulants (medications that slow the clotting of your blood) and including your daily vitamins.

One day before your capsule endoscopy appointment:

Start a clear liquid diet at breakfast. Please do not drink anything red.

Clear liquid diet suggestions:

Green Tea

Jell-o (no red, purple, blue or green)

Clear soda drinks (7up, Ginger Ale, Sprite)

Apple Juice

White Grape Juice

Beef/Chicken Broth

Lemon Drink w/o pulp

Orange Drink w/o pulp

Popsicles (no red)

Crystal Light (no red)

If you are a diabetic, please discuss the dosing of your diabetic medications with the physician that monitors your diabetes. Most diabetic patients are comfortable with taking ½ of their diabetic medications the day before their procedure and none the morning of their procedure.

A more rigorous bowel preparation, similar to those taken before a colonoscopy, is not necessary before a capsule, however there is mild preparation required.

Please allow a 5 business day notice for cancellation or there will be a \$100 charge.

(INSTRUCTIONS ON NEXT PAGE)

The day before your appointment

Take 34g of Miralax in the morning and another 34g at lunch time.

At midnight, the night before your appointment

Take nothing more by mouth.

The morning of your procedure:

Take your medication before 7am with only a sip of water. It is important that you take critical medications several hours before your capsule endoscopy since you be unable to take these medications for several hours and your capsule endoscopy.

- **Please be sure to remove all metal jewelry before procedure and to keep jewelry removed until after the DataRecorder is removed.**

Your capsule endoscopy procedure will only take 15 minutes. It is not necessary for you to have someone available to drive home from this procedure. Please wear comfortable clothing. A cotton top is recommended.

About your capsule procedure:

When you arrive for your capsule appointment, a Velcro belt will be placed around your waist. A small purse-like pouch will be placed around your neck or shoulder. You will be asked to swallow a vitamin-sized camera capsule. As the capsule progresses naturally down your digestive tract, the camera-pill will capture two (2) images per second. The images are transferred via the antenna in the belt to the DataRecorder within the purse-like pouch. You will be asked to wear the equipment for nine (9) hours. It is not necessary to remain in the office area during this examination. You are encouraged to continue your daily routine but do not remove the equipment you will be wearing. At the end of nine hours, you will be asked to return to the office and the medical assistant will remove the equipment for you. The capsule will pass naturally in your stool and may be safely flushed down the toilet for disposal.

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