



**EAST END GASTROENTEROLOGY & HEPATOLOGY**

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**COLO**

**ENDO**

**COLO/ENDO**

**PATIENT:** \_\_\_\_\_ **DATE SCHEDULED:** \_\_\_\_\_

\_\_\_\_\_ **APPOINTMENT TIME:** \_\_\_\_\_ **ARRIVAL**

**TIME:** \_\_\_\_\_

**PLACE: 496 County Road 111, Building D Suite 2 Manorville, NY 11949**

**Directions to our Manorville Location:**

**GPS / GOOGLE MAPS – for address Put in CVS in MANORVILLE**

**From Points West Via LIE:** Take the LIE to Exit 70, County Road 111 toward Manorville/Eastport. At the intersection turn right onto CR 111. Proceed to the entrance to the PBMC buildings in the CVS shopping center and turn right. Building D is the second building on the right. The Suite 2 entrance is on the right side, to the back of the building.

**From Points East Via LIE:** Take the LIE to Exit 70, County Road 111 toward Manorville/Eastport. At the intersection turn left onto CR 111. Proceed to the entrance to the PBMC buildings in the CVS shopping center and turn right. Building D is the second building on the right. The Suite 2 entrance is on the right side, to the back of the building.

**PLEASE NOTE:**

**PATIENTS THAT CANCEL WITH LESS THAN 72 HOURS  
NOTICE WILL INCUR A \$100 CANCELLATION FEE**



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Specializing in Gastroenterology, Hepatology and Nutrition

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## **CAPSULE ENDOSCOPY INSTRUCTIONS**

Capsule endoscopy is an endoscopic examination of the small intestine whereby a small (the size of a large Vitamin pill) capsule is ingested and passes naturally through your digestive system while taking pictures and video of your intestines. The images are transmitted to the sensor array that is placed on your abdomen. The sensor array is attached to a walkman-like Data Recorder that saves and records the images. The wireless capsule is disposable and will be excreted naturally in your bowel movement. In a rare case that it will not be excreted naturally, it will need to be removed endoscopically or surgically. In order to get the most accurate information from this examination, please follow the instructions below carefully:

**DAY BEFORE PROCEDURE:** (If your procedure is on a Wednesday, this would mean midnight Monday which is start of Tuesday)

- You may have breakfast and lunch as long as **you are done by 12:00pm.**
- However, you may NOT have anything red. (For example: no red meat, no strawberries or cherries) And no dairy products. (For example: no milk or cheese)
- After 12pm, you must remain on a clear liquid diet.
- **YOU MAY ONLY HAVE THE FOLLOWING:**  
Water, Seltzer, Apple Juice, White Grape Juice, Sprite, Ginger Ale, 7 UP, Mountain Dew, light colored sports drinks, crystal light, green or white tea, Bouillon or Clear Broth, Gatorade (NO RED), Italian Ice (NO RED), Plain Jello (NO RED), Popsicles (no milk or fruit pieces).
- **You may not have anything to eat or drink after 10:00pm**

### **DAY OF CAPSULE ENDOSCOPY:**

- Do not take any medication 2 hours before having the exam.
- Wear an upper garment of thin, natural fiber such as a T-shirt that is long enough to reach at least to hip level and will not ride up above the belt. Do not apply any lotions or powders to your abdomen.
  1. **Arrive at office (34 Commerce Drive) at 8:45 AM and check in for test.**
  2. You will be asked to sign an informed risk consent form detailing the small risks of intestinal obstruction and retention, aspiration and failure to pass capsule.
  3. The sensor array will be applied to your abdomen with adhesive pads and connected to the Data Recorder that you will wear around your waist. You will then be instructed to ingest the Capsule with a small amount of water mixed with an anti-bubble medicine. Do not bite the capsule. The leads must stay on and not be removed before 8 hours.
  4. **After 2 hours**, you can start drinking small amounts of clear liquids (water, clear fruit juices, Gatorade, soda, non-red Jello).
  5. **After 4 hours**, you can have a light snack (1/2 sandwich, soup, toast) and after 8 hours, you can resume a normal diet.
  6. Please contact our office immediately if you experience abdominal pain, nausea or vomiting during the examination.
  7. After ingesting the capsule and until it is excreted, you must avoid any powerful electromagnetic fields such as an MRI or amateur (HAM) radio. Avoid any very strenuous activity.
  8. Do not disconnect the equipment or completely remove the data recorder at any time during the procedure.
  9. Treat the data recorder carefully. Avoid sudden movements and banging of the data recorder.
  
- **RETURN TO OUR OFFICE BY 4:45 PM TO REMOVE AND RETURN EQUIPMENT AND RECORDER.**

#### After Completing Capsule endoscopy

- If you did not positively verify excretion of the capsule camera and you develop post procedure abdominal pain, nausea or vomiting, you must contact the office immediately for possible evaluation and/ or abdominal x-ray
- Undergoing an MRI while the capsule is in your body, may cause serious harm. If you verify excretion, you may need an x-ray examination prior to the MRI examination. You should probably avoid any MRI for 3 weeks after exam unless you have confirmed excretion