



## **CAPSULE ENDOSCOPY INSTRUCTIONS**

Capsule Endoscopy is an endoscopic examination of the small intestine whereby a small capsule (the size of a large Vitamin) 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 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 appointment is on a Wednesday, this would mean midnight Monday which is the start of Tuesday)

- You may have breakfast and lunch as long as you are done by 12:00 pm noon.
- However, you may NOT have anything RED or any DAIRY products (No red meant, strawberries, cherries, smoothies, milk, cheese
- After 12:00pm noon, you must remain on a clear liquid diet.

**YOU MAY 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 Jell-O (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 your appointment time.**
  - **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 287 Wading River Road Unit 2 Manorville, NY 11949 at 8:45am for check in.**
  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. 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
  5. **AFTER 4 HOURS:** you can have a light snack (½ 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 recorder.

#### **RETURN TO OUR OFFICE BY 4:30PM TO REMOVE AND RETURN THE EQUIPMENT**

##### **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.
- Undergoing an MRI while the capsule is in your body, may cause serious harm. You should probably avoid any MRI for 3 weeks after exam unless you have confirmed excretion.