

## SMALL BOWEL CAPSULE ENDOSCOPY

**Patient**..... **APPOINTMENT DATE**.....

To ensure the best results for your capsule endoscopy of the small bowel, follow your doctor's instructions carefully and completely.

### **DAY BEFORE CAPSULE ENDOSCOPY** **No Solid Foods after 12:30pm**

1. Start the prescribed liquid diet after lunch ( see attached)
2. Purchase over the counter 1 bottle of magnesium citrate and take that at 6 PM the day before
3. Do not eat or drink anything except for the necessary medication with a sip of water 8 hours prior to your procedure

### **DAY OF THE CAPSULE ENDOSCOPY**

1. Do not take any medication 2 hours prior to the examination
2. Do not apply body lotion or powder to your abdomen
3. Wear a cotton t-shirt to the examination to ensure the best results
4. Arrive for your appointment **at 8:15AM and return at 4:30pm.**

### **UPON ARRIVAL**

1. The staff will instruct you to take a single tablet of Amitiza 8mcg.
2. You will also be given 40mg of Mylicon to aid in the destruction of gas bubbles that naturally occur in the stomach.
3. The capsule endoscopy belt will then be attached around the abdomen
4. The capsule will be swallowed.

### **AFTER SWALLOWING THE CAPSULE**

*The capsule endoscopy procedure will last approximately 8 hours. Contact your doctor's office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.*

1. You may drink colorless liquids starting 2 hours after swallowing the capsule
2. You may have a light one time snack 4 hours after ingestion. ( This can include chicken noodle soup, granola bar, a light sandwich, etc) After the examination is complete you may return to a normal diet
3. Check the blue flashing data-recorder light every 15-30 minutes to be sure it is still blinking blue. If it stops blinking or changes color, return to the office and the examination is complete. If this does not take place do not be alarmed and return to the office at the time instructed by the doctor.
4. Avoid strong electromagnetic fields such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement
5. Do not disconnect the equipment or completely remove the belt at any time during the procedure

## **THESE ITEMS ARE ALLOWED**

- Water
- Clear broth: beef or chicken
- Juices: (no pulp, should be able to see through)
  - Apple juice or cider
  - White Grape juice
  - Grapefruit juice
  - Cranberry juice (no red)
  - Tang
  - Hawaiian Punch (no red)
  - Lemonade
  - Kool-Aid (no red)
- Sodas
- Tea (No dairy including cream and milk)
- Coffee (No dairy including cream and milk)
- Clear gelatin (Jell-O) - without fruit, avoid red flavors
- Popsicles (without fruit or ice cream)
- Italian ices
- Artificial Sweeteners

## **THESE ITEMS ARE NOT ALLOWED**

- Milk
- Cream
- Milkshakes
- Tomato juice
- Orange juice
- Cream Soups
- Any soup other than listed above
- Oatmeal
- Cream of Wheat
- Red meat
- Corn
- Potato Skins
- Anything with Red dye