

Capsule Endoscopy

Date and time: _____

This procedure involves swallowing a capsule the size of a large vitamin pill. The capsule will pass through your small intestines taking pictures. The pictures will be transmitted to a small computer which you will wear on a belt around your waist. The test lasts 6 to 8 hours, during which time you may leave and go about your daily activities.

At the end of that time, you will be asked to return the recording computer to the Gastroenterology (GI) Clinic, where the images will be downloaded for analysis. The video capsule is disposable and will usually pass naturally in your bowel movement within 24-48 hours. You will be asked to sign a consent form prior to the procedure because of the rare possibility that the capsule may not pass (special endoscopy or surgery may be required to remove the capsule).

Please read and follow the directions below prior to your procedure. Call the GI Scheduling at 301-762-5020 (ext 3056) if you have any questions.

Seven days before the Procedure: Stop taking iron supplements

One (1) Day before the Procedure: Stop taking antacids (Tums, Rolaids), Pepto-Bismol or Carafate, which coats camera lenses.

AM: You may eat a regular breakfast.

11 AM: After breakfast, CONSUME ONLY CLEAR LIQUIDS for the remainder of the day and evening. No more solid food. Avoid anything that is colored red or purple. *See on the next page for a list of clear liquids.

7 PM: TAKE ONE DOSE (17 grams) OF MIRALAX over-the-counter laxative, mixed in water. (**Note: It is NOT necessary to move your bowels after this dose!)

8 PM: DO NOT EAT OR DRINK ANYTHING ELSE. If you have any medications due, you may take them with sips of water.

Day of the Procedure:

6 AM: You may take your morning medications with small sips of water. Do not take anything further by mouth.

- If Diabetic: check blood sugar.
- Wear comfortable 2-piece clothing. Avoid belts, dresses, pantyhose, or anything else restrictive around your waist.

8 AM: Arrive at the GI Clinic. After meeting with MA the recording computer will be attached to you with a belt and suspenders. You will then swallow the capsule with a glass of water. Once the capsule is swallowed, specific instructions on diet and care of recording equipment will be given to you. A general guideline to the diet is as follows:

- 0-2 hours after swallowing capsule: Do not eat or drink.
- 2 hours after swallowing the capsule: Clear liquids and medications.
- 4 hours after swallowing capsule: Regular diet.
- The Capsule Endoscopy will last 6 to 8 hours. You will be allowed to leave, drive, and go about your daily activities(with some exceptions).
- 4 PM: Return the equipment to the GI Clinic. Resume regular diet and activities.

Clear Liquid Diet List: (avoid anything that is colored Red or Purple)

- Beverages: Soft Drinks: orange, ginger ale, cola, sprite, 7-up, Gatorade, kool-aid strained fruit juices without pulp, apple, white grape, lemonade, water, tea, coffee (no milk or non-dairy creamer)
- Soups: Low-sodium chicken or beef bouillon/broth(broth may be strained off regular soup)
- Desserts: Jell-O (lemon, orange: no fruit or toppings, Popsicles (no sherbet or fruit bars)

Rev. 6/20