



DIGESTIVE AND LIVER  
SPECIALISTS

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Date of Procedure: \_\_\_\_\_

Check-in Time: \_\_\_\_\_ Return Time: \_\_\_\_\_

- Memorial City Office: 915 Gessner, Suite 850

THE CAPSULE ENDOSCOPY WILL LAST  
APPROXIMATELY 8 HOURS

**ONE WEEK PRIOR TO PROCEDURE ALL  
SUPPLEMENTAL ORAL IRON MUST BE DISCONTINUED**

**The day before the Capsule Endoscopy:**

1. After lunch follow a clear liquid diet (coffee, tea, juice, soda, broth, bouillon, ice pops, gelatin deserts, sherbet, regular Ensure or Boost). Nothing red or purple may be consumed.
2. Abstain from smoking 24 hours prior to procedure.
3. Nothing to eat or drink after 10:00pm.

**The day of the procedure:**

1. Dress in loose-fitting, two-piece clothing. A thin cotton shirt/undershirt will need to be worn.
2. All necessary morning medications must be taken approximately 2 hours (6:30am) prior to reporting to the office. Check with your physician's office regarding any medication questions.
3. Four (4) hours after swallowing capsule you may have a light lunch. Any liquids (soups, beverages, etc.) must be clear liquids although; nothing red or purple may be consumed. After the procedure is complete your normal diet may be resumed.

**The Capsule Endoscopy Procedure:**

1. Upon arrival to the physician's office you will be asked to read over a consent form, which is to be signed, dated, and witnessed.
2. You will be given a mylicon and water solution to drink prior to ingesting the capsule.
3. The SensorArray belt will be wrapped around your abdomen over a cotton top, then connected to the DataRecorder.
4. After you will be instructed to ingest the Capsule.

5. During the Capsule Endoscopy you will need to verify every 15 minutes that the light on the top of the DataRecorder is blinking twice per second. If for any reason should the blinking stop, record the time and contact your physician.

**Precautions:**

1. Should you experience any abdominal pain, nausea or vomiting during the Capsule Endoscopy or if you cannot positively verify the excretion of the capsule and experience any of these symptoms following your procedure contact your physician immediately.
2. After ingestion of the Capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as an MRI machine or amateur (ham) radio. Do not expose Capsule Endoscopy equipment to shock, vibration or direct sunlight.
3. Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during the procedure. No water sports or bathing is allowed throughout the duration of the procedure.
4. You should not undergo an MRI examination if positive excretion of the capsule has not been verified. In such instances you should contact your physician for evaluation.

**CALL 713-461-1026 TEN (10) BUSINESS DAYS  
FOLLOWING YOUR PROCEDURE FOR  
RESULTS ASK FOR YOUR PHYSICIAN'S  
VOICE MAIL.**