



## CAPSULE ENDOSCOPY PREPARATION INSTRUCTIONS

**THE CAPSULE ENDOSCOPY WILL LAST APPROXIMATELY 8 HOURS  
ONE WEEK PRIOR TO PROCEDURE DISCONTINUE ALL IRON MEDICATIONS**

### **THE DAY BEFORE THE PROCEDURE:**

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

### **THE DAY OF THE PROCEDURE:**

1. Patients may bathe the morning of the procedure. DO NOT apply any after-shaves, lotions, oils, perfumes or powders to the abdominal or pelvic area.
2. Dress in loose fitting, two piece clothing.
3. All necessary morning medications must be taken approximately 3 hours (5:00am) prior to reporting to the office. Check with your physician's office regarding any medication questions.
4. Four (4) hours after swallowing the capsule, you may have a light lunch. All liquids (soups, beverages, etc.) must be clear liquids - 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 at the physicians' 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 will be applied to your abdomen with adhesive pads and will be connected to the DataRecorder, which you will wear in a belt around your waist. After this, you will be instructed to ingest the Capsule.  
During the Capsule Endoscopy, you will need to verify every 15 minutes that the light on the top of the DataRecorder is blinking. If for any reason should the blinking stop, record the time and contact your physician.
4. Return to the office at 5:00 pm to have the DataRecorder and Sensor Array removed.

**PRECAUTIONS:**

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.

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.

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.

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.

To obtain the results of your exam:

Call 713-461-1026 ten (10) business days following the procedure for the results. Ask for your physician's result line. Please be sure to leave both a daytime and evening phone number as calls are frequently returned after 5 PM.