

Capsule Endoscopy Preparation

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To ensure best results, follow your doctor's instructions carefully and completely.

◆ ONE WEEK PRIOR TO THE PROCEDURE DO NOT TAKE ANY IRON SUPPLEMENTS.

Day Before Capsule Endoscopy

1. **BUY extra strength GAS-X or Phazyme chewable tablets or soft gels (Walgreens/CVS store brand is okay) but do not take it. You will need it the next day**
2. **After lunch on the day before** the Capsule Endoscopy examination, **consume only clear liquids** such as Jell-O, Popsicle's, soda, apple juice, and broth. Avoid red or purple colored liquids.
3. **Do not eat or drink, 10 hours before your capsule endoscopy.** You may take your medications with few sips of water.

Day of Capsule Endoscopy

1. **Do not take any medications** 2 hours before having the exam. **Take 2 tabs of Gas-X/Phazyme chewable tablets/soft gels (See above) 20 minutes before your scheduled time of the test.**
2. Wear loose fitting, two-piece clothing.

After Swallowing the Capsule

The capsule endoscopy will last approximately 8-9 hours. Contact your doctor's office (972-238-9696) 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. At this time, you may take your medications if you need them.
2. **You may have a light snack 4 hours after ingestion.**
3. **Check the blue flashing Data Recorder light every 15 minutes to be sure it is blinking twice per second.** If it stops blinking or changes color, note the time and contact your doctor.
4. **Avoid strong electromagnetic fields such as MRI devices or ham radios** after swallowing the capsule and until you pass it in bowel movement.
5. **Do not disconnect the equipment or completely remove the belt** at any time during the procedure. Since the Data Recorder is a small computer, it should be treated with care and protection. Avoid sudden movements and banging of the data recorder.
3. You may leave after the capsule ingestion.

Time to return to the office: 4.30PM on the same day.

You may resume your normal diet after 4:00 PM.

◆ No MRI scan for 2 weeks following the procedure.

For more information, visit **www.sripathikethumd.com**