

VIDEO CAPSULE INSTRUCTIONS

Date: _____

RE: _____

Appointment: _____

**WEAR LOOSE COMFORTABLE CLOTHES.
NO UNDERWIRE BRAS. NO DRESSES.**

STOP ORAL IRON FOR SEVEN DAYS. All other medications including Tylenol may be continued.

ONE DAY BEFORE PROCEDURE:

DRINK ONLY CLEAR LIQUIDS ALL DAY.

8 a.m. Drink one bottle of citrate of magnesium.

Morning: Begin clear liquid diet. Do not eat any food. You may have all the clear liquids you want. This includes broth, bouillon, orange or pineapple Jello without fruit, water, coffee (no cream), tea, apple juice, white grape juice, yellow Country Time lemonade, Coke, 7-Up, Pepsi, Sprite, Ginger ale, Gatorade, Kool-Aid, popsicle, ice slushie. You may use salt and sugar. **Avoid anything colored red, purple, or blue.**

YOU ARE TO HAVE NOTHING TO DRINK AFTER MIDNIGHT, the night before your procedure, NOT EVEN WATER, until after your procedure. No gum. No candy.

1. You may continue your medications after you have prepped.
2. For males: shave your abdomen 6 inches above and below the naval.

PLEASE SEE OTHER SIDE

3. Please bring a list of your current medications.
4. Please be aware that capsule endoscopy is associated with a small chance of intestinal obstruction. If your doctor ordered a small intestinal x-ray or CT scan, please make sure you have been given your results before you come in for your test.
5. After ingesting the Capsule, do not eat or drink until 12:00 pm. You may have clear liquids beginning at 12:00 pm until you return to the office at 4:30 pm. Do not eat or drink anything red.
6. After ingesting the Capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created by an MRI device or metal detector.
7. When you arrive at the office, 8 adhesive pads will be applied to your abdomen. The pads will be connected to a Data Recorder, which you will wear on a belt around your waist.
8. At 4:30 pm or 8 hours after ingesting the capsule, you will return to the office to return the Data Recorder.
9. You can expect your results in approximately 10 to 14 days.
10. If you have any questions, please call 410-224-4887.
11. Please avoid talking on cell phones and stay away from microwaves.