

VIDEO CAPSULE INSTRUCTIONS

Gastroenterology

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WEAR LOOSE COMFORTABLE CLOTHES. NO DRESSES.

Please wear an upper garment of thin natural fiber, such as a T shirt. This should be long enough to reach at least hip level and not ride above the belt.

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

ONE DAY BEFORE PROCEDURE:

DRINK CLEAR LIQUIDS ALL DAY.

8a.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 Jell-O 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, 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.

DAY OF THE PROCEDURE:

1. You may continue your medications after you have prepped and they are to be taken with a small amount of water.
2. Please be aware that the 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.
3. After ingesting the capsule, do not eat or drink until 12:00 p.m. You may have clear liquids beginning at 12:00 p.m. until you return to the office at 4:30 p.m. Do not eat or drink anything red, purple or blue.

PLEASE SEE OTHER SIDE

4. 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.
5. By 4:30 p.m. or 8 hours after ingesting the capsule, you will return to the office to return the Data Recorder.
6. Please avoid any devices or areas where 2-way radio frequencies may be in use, like walkie-talkie, cell phones with walkie-talkies, police scanners or any Telemetry units/areas at hospitals.
7. You can expect your results in approximately 10 to 14 days.
8. If you have any questions, please call 410-224-4887.