

DIGESTIVE DISEASE & ENDOSCOPY CENTER

Capsule Endoscopy Instructions

Please follow your physicians specific instructions carefully to ensure a successful prep

PICK UP YOUR PREP SOLUTIONS AFTER YOUR OFFICE VISIT HAS COMPLETED

Appointment Date: _____ Arrival Time: 7:45 AM Return Time: 3:30 PM

Seven (5) Days Prior to Procedure	Three (3) Days Prior to Procedure	One (1) Day Prior to Procedure	Morning of Procedure
<p>STOP taking blood thinning medication, Iron, Fiber and Fish Oil supplements. Non-Steroidal anti-inflammatory drugs (NSAIDS) such as Aspirin, Ibuprofen, Naproxen.</p> <p>Tylenol is okay to take as needed for pain. Continue your other medications as prescribed.</p> <p>STOP eating any fruits or vegetables containing seeds, corn, popcorn, nuts until after the procedure.</p> <p>Begin a low fiber diet starting today, (examples on back page)</p> <p>Purchase: One- 8.3 ounce bottle of MiraLAX Power (238 gm) Two-(2) 32 ounce bottles of Lemon, Lime, White Gatorade - *Clear Liquid Diet* items</p>	<p>Drink plenty of clear liquids throughout the next 3 days to avoid dehydration.</p> <p>Cancellations: If you need to cancel and reschedule your procedure. Please call our office at 360-479-1952</p>	<p>No solid food. Follow the *Clear Liquid Diet*</p> <p>Drink lots of clear liquids as it will help to clean out your small bowel.</p> <p>Prep at a Glance 9 am - Pour HALF the container of MiraLAX into One (1) Gatorade bottle. Mix thoroughly until powder has dissolved. Drink 8 ounces every 15 minutes until all the solution is gone.</p> <p>Drink a minimum of 8 glasses of clear liquids throughout the day.</p> <p>7 pm - Pour second HALF the container of MiraLAX into One (1) Gatorade bottle. Mix thoroughly until powder has dissolved. Drink 8 ounces every 15 minutes until all the solution is gone.</p> <p>10 pm - Do not eat or drink except to take prescribed medication with small sips of water.</p>	<ol style="list-style-type: none"> No food or liquids. 5 am– take Heart, Blood Pressure, Seizure or psychiatric medication. If applicable. Diabetics take half your recommended insulin/ medication. Do not use body lotion, powder, cologne or perfume. Wear comfortable clothing. Plan to be in the office for 20-30 minutes. <p>10 am–you may begin drinking clear liquids and take any of your regular medications.</p> <p>12 pm- Eat light lunch</p> <p>3:30 pm - Return to the office for Medical Staff to remove the Equipment.</p> <p>You may return to your regular diet after completion of the study.</p>

*** CLEAR LIQUID DIET DETAILS***

Approved

- Water, Sprite, Ginger Ale, Tea, Crystal Light
- Clear juices (no pulp), Apple Juice, White Grape, Lemonade,
- Yellow or Orange Gatorade, Fitness Water or Propel
- Yellow or Orange Popsicles (without fruit or cream)
- Low Sodium chicken, vegetable, beef broth
- Yellow or Clear Gelatin
- Black Coffee

Avoid

- RED, BLUE, PURPLE DYES
- No Dairy, Milk, Ice Cream, Smoothies
- No Juices with pulp
- No Food
- Tomato Juice

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Capsule Endoscopy Instructions

After Swallowing the Capsule

1. No Food, Drink or Medications by mouth for the first two hours after swallowing the capsule. After two (2) hours you may begin drinking clear liquids. You may have a light lunch four (4) hours after swallowing the capsule.
2. If you experience unusual bloating, pain, vomiting, fever, trouble swallowing, chest pain or other symptoms or changes, call our office at (360) 479-1952.
3. Check the recording device **every 15 minutes** to verify the device is blinking. If the blinking has stopped please call our office immediately. (360) 479-1952.
4. Avoid strenuous activity, especially if it involves sweating and do not bend over or stoop during your procedure, until after you have returned the equipment.
5. Avoid being near any source of powerful electromagnetic fields such as MRI machines/Ham Radio during the procedure and until the capsule passes. If you have an MRI scheduled within the next 14 days it should be postponed until the capsule passes.
6. Avoid being within a 1 foot radius of your Wifi router. **Do Not** turn on Bluetooth or hands free on your phone, tablet or laptop.
7. The capsule endoscopy exam lasts approximately 8 hours and is considered complete when the medical staff has removed the equipment.
8. **Do Not** disconnect the equipment or remove the belt at any time during the exam. Failure to comply may result in the need to repeat the exam.
9. The recording device is a small computer, please treat the equipment with the utmost care.
10. During your exam record the time and nature of your activity, such as drinking, eating or any unusual sensations in the Event Log below.
11. Inspect your stool to verify the capsule has been passed from your body. If unsure if you have passed the capsule. Please contact our office for an evaluation and possible abdominal x-ray.

Bring the completed event form to your appointment at the end of the procedure day.

Time:

Event: Eating, Drinking, Activity and Unusual sensations.

Special Instructions: