

## **Patient Instructions for Small Bowel Capsule Endoscopy**

This procedure involves ingesting a small (the size of a large vitamin pill) video capsule which will pass naturally through your digestive system while taking pictures of the intestine. Please let your physician know if you have any swallowing problems. The images are transmitted to sensors placed on your abdomen, which in turn are connected to a walkman-like data recorder. The data recorder is worn on a special belt around your waist. After 8 hours, you will return to the office to remove the belt for processing. The capsule is disposable and will be excreted naturally in your bowel movement. In order for your physician to get the most accurate information from this exam, please follow the instructions below:

### **5 days before Capsule Endoscopy**

Stop taking iron tablets/supplements

### **1 day before Capsule Endoscopy**

After 12 noon on the day before the capsule endoscopy exam, start a clear liquid diet. You may have the following: broth/bouillon, apple or white grape juice, jello (but no red coloring), Popsicles (but no red coloring), coffee (without cream/milk/creamer), and tea. Do not eat any solid food after noon. Do not drink milk or milk products after noon.

You may have clear liquids only until 10 pm. From 10 pm the evening before capsule endoscopy, do not eat or drink anything except for necessary medication with a sip of water.

Do not take any narcotic pain relievers, liquid antacids, or Carafate after 10 pm.

Abstain from smoking 24 hours prior to capsule endoscopy.

### **On the day of Capsule Endoscopy**

Dress in loose-fitting, two-piece clothing.

Do not eat or drink anything and do not take any medications until after swallowing the capsule.

You will be asked to sign a consent form stating that you are aware that there is a small chance of intestinal obstruction from the capsule.