

Gastro Health
Gastroenterology Gastrointestinal Endoscopy Hepatology
239-939-9939

Small Bowel Capsule
Prior to Capsule Endoscopy—Patient Instructions

Your doctor has determined that as part of your medical evaluation you should undergo a test known as Capsule Endoscopy. This procedure involves ingesting a capsule, which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to a sensor array, which is placed on your abdomen. These sensors are attached to the walkman-like Given Data Recorder that is worn around your waist and which will save all the images. After 8 hours you will return to the office to have the equipment removed. The capsule is disposable and will be excreted naturally in your bowel movement.

You are scheduled for capsule endoscopy on _____ (date)

Arrive at our office at: **8:15 am**

Clear liquids only all day on _____ (date)

For the entire day before the procedure you may have clear liquids only: no solid foods or milk products. Clear liquids are coffee, tea, soda, water, apple/ white grape juice, broth, Jell-O, Gatorade, and popsicles. **NO RED LIQUIDS**. Make sure you drink plenty of fluids so you do not become dehydrated.

1:00 pm Take one (1) bottle (238 grams) of Miralax power (mix with a ½ gallon of Gatorade, or Crystal Lite a flavor or your choice, nothing red) Drink 8 oz every 15 minutes until completed. If become nauseated hold for 30 minutes then resume drinking.

Nothing to Drink after 7pm on _____ (date)

Stop Smoking for 24 hours prior to procedure.

Male patients need to shave the abdomen 6 inches above and below the navel the day prior to the procedure if your waist is over 50 inches.

Wear loose fitting two-piece clothing the day of the procedure.

During the examination, the patient should avoid any physical activity that involves sweating and avoid frequent bending or stooping. Since the data recorder is actually a small computer it should be treated with utmost care and protection. Sudden movement and banging of the data recorder should be avoided.

Alert: Stop Iron Supplements 7 days prior to your procedure.

Call the office with any questions or concerns: 239-939-9939