

Capsule Endoscopy Preparation Instructions

Your procedure is scheduled on ___ - ___ - ___ **at 6:30 AM**

(Procedure times are subject to change. Please expect a phone call from the hospital the day prior to your scheduled procedure date with final time of arrival.)

Please follow these instructions carefully

MEDICATIONS TO AVOID:

-Do not take aspirin or aspirin-like medications (e.g. Advil, Motrin/ibuprofen, Aleve/naproxen) for **2 weeks** prior to the video capsule test.

-**Do not take iron supplements** or vitamins containing iron **7 days** prior to the video capsule test.

-Do not take Carafate (sucralfate) or antacids **24 hours** before the video capsule test.

THE DAY BEFORE YOU PROCEDURE:

- 1) You may have a light breakfast. **You should not eat any solid food after 12 noon.**
- 2) After 12 noon you should drink only clear liquids (water, clear fruit juices, Gatorade, soup, broth, tea or coffee without cream, popsicles, soda, Jell-O) for the rest of the day. Avoid red or purple colored liquids.
- 3) Starting at 5 P.M. the evening before your procedure drink one bottle of magnesium citrate (this can be purchased at any pharmacy). **Do NOT take magnesium citrate if you have kidney problems or if you require dialysis treatments.** A different bowel prep may be used if you have these conditions.
- 4) You may take your prescription medications the day before your procedure (except for those medications listed above and any other medications your physician has instructed you to stop).
- 5) **NO ALCOHOL** the day before your capsule endoscopy.
- 6) Do not eat or drink anything after midnight.

THE DAY OF YOUR PROCEDURE:

- 1) Wear comfortable, loose fitting clothing.
- 2) Do not apply any lotion, cream, or ointments to the skin before the exam.
- 3) You may take your prescription medications with sips of water up to six hours before your upper endoscopy (except for those medications listed above and any other medications your physician has instructed you to stop).
- 4) Please arrive at the **BOLINGBROOK HOSPITAL (main entrance) at 6:30 AM.**

5) What to bring the day of the procedure(s):

a. Your **insurance card**.

b. Driver's license or government I.D.

c. A complete list of all your **medications**.

d. The first and last names and addresses of all the physicians you want to receive a copy of your procedure report.

6) Adhesive pads with sensors connected to wires may be applied the chest and abdomen and you will be fitted with a belt containing a data recorder. You will then swallow the video capsule.

AFTER SWALLOWING THE CAPSULE:

1) Stay active for at least 4 hours after swallowing the capsule. Avoid strenuous physical activity especially if it involves sweating, bending or swooping.

2) Avoid strong electromagnetic fields such as MRI devices or ham radios after swallowing the capsule and until you pass it in a bowel movement.

3) Do not get the equipment wet.

4) Check the blue flashing recorder every 15 minutes to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact your doctor. Do not disconnect or attempt to remove the equipment.

5) Do not eat or drink anything for 2 hours.

6) After 2 hours: you may have clear liquids (water, clear fruit juices, Gatorade, soup, broth, tea or coffee without cream, popsicles, soda, Jell-O). Avoid red or purple colored liquids. 6) After 4 hours: you may have a light lunch (e.g. soup, sandwich)

7) Return to the **BOLINGBROOK HOSPITAL at 4 PM.**

8) You may resume a normal diet after the exam is over.

9) You do NOT need to save the capsule. It is disposable and may be thrown away after the test.

If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact your doctor for evaluation. Undergoing an MRI while the PillCam capsule is inside your body may result in damage to your intestinal tract or abdominal cavity. If you are not certain the capsule is out of your body, contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.