

Capsule Endoscopy | Preparation Instructions

To ensure a successful exam, please follow all instructions carefully. Please bring a list of all your current medications, including any over-the-counter medications with you. **If you must reschedule or cancel your appointment, please call 503-229-7137.**

ONE WEEK BEFORE CAPSULE ENDOSCOPY

- Please notify our nursing staff if you have had any major health or medication changes since scheduling your procedure. This could affect your preparation instructions.
- Pick up the prescribed bowel preparation kit at your pharmacy. We recommend that you call your pharmacy prior to picking up the prep to ensure they have the prescription.
- Purchase Simethicone (Gas Ex) Chewable tablets.
- **Stop Taking**
 - Iron pills or vitamins with iron
 - Fish Oil
- **Stop Eating**
 - Seeds, nuts, tomatoes, berries, multigrain breads

ONE DAY BEFORE CAPSULE ENDOSCOPY

- No tobacco products 24 hours prior test
- Start a clear liquid diet after lunch. No solid foods, red, purple or orange liquids, chewing gum, and alcohol.
- Please follow the bowel prep kit directions for mixing your bowel prep. Drink ½ of the bowel prep kit solution around 6:00 pm.
 - Drinking through a straw may help with the taste.
 - You may also suck on hard candy while drinking the solution.
- No liquids after 10:00 pm. You may drink a sip of water to take regular evening medications.
- After finishing half of the prep solution, drink two (2) 8 oz. glasses of water.
- Nausea is common while drinking prep. If this occurs, stop drinking for 30 minutes before restarting. Walking around may help relieve nausea.
- Bowel movements usually occur within 3 hours of starting prep but may take longer. It is recommended to stay near a restroom at this point.
- **Patients that are Diabetic**
 - Evening Dose Only: Take ½ the dose of your diabetic medication(s) the day before your procedure
 - No dose the day of the procedure

DAY OF CAPSULE ENDOSCOPY

- **Nothing to eat or drink. No candy or chewing gum.**
- Morning of capsule endoscopy, chew two Simethicone (Gas Ex) tablets. Do not take any other medications.
- Wear comfortable clothes; a two-piece outfit is preferable.
- Arrive on time at the designated location with completed paperwork, photo ID, and insurance card.
- The clinical staff will place a sensor belt around your lower abdomen that will be connected to a data recorder during the duration of your test. The clinical staff will remove all equipment at the end of your test.

AFTER INGESTING CAPSULE

- Nothing to eat or drink for at least two hours after ingesting capsule
- You may start clear liquids (apple, white grape, white cranberry), sports drinks, broth, popsicles, hard candy, coffee and tea without milk or cream) two hours after ingestion.
- You may have a light snack four hours after ingestion.
- You must stay away from any source of powerful electromagnetic fields, such as a MRI or amateur (HAM) radio, until the capsule is excreted.
- The capsule endoscopy should last approximately 8 hours. During this time, try to avoid any strenuous activity. **Do not bend or stoop during the testing period.**
- Avoid sudden movements and banging of the Data Recorder.
- During the testing period, you will need to confirm every 15 minutes that the small green/blue light on top of the recorder is blinking. Please contact our office if the blinking stops.
- Record the time and the nature of any events, such as: eating, drinking, and unusual sensations. Be sure to bring these notes when you return the equipment.
- Call our office if you experience abdominal pain, nausea, vomiting, or other concerning symptoms.
- Be sure to return to the office by 4:30pm. Do not remove equipment; the clinical staff will remove all equipment at the end of your test.

AFTER COMPLETING CAPSULE ENDOSCOPY

- You will receive your results within 7-10 days of your test.
- Contact our office if you cannot positively verify the excretion of the capsule, or if you develop unexplained abdominal pain or vomiting.