



Capsule Endoscopy Instructions

Capsule endoscopy is a procedure that uses a tiny wireless camera to take pictures of your digestive tract. A capsule endoscopy camera sits inside a vitamin-size capsule you swallow. As the capsule travels through your digestive tract, the camera takes thousands of pictures that are transmitted to a recorder you wear on a belt around your waist. The images saved on the recorder are transferred to a computer with special software that strings the images together to create a video. Your doctor watches the video to look for abnormalities within your digestive tract.

To prepare for your exam, please follow the instructions below:

DAY BEFORE YOUR CAPSULE ENDOSCOPY

Abstain from smoking 24 hours prior to your capsule endoscopy.

At approximately 1:00pm (after lunch): Begin a clear liquid diet. Solid foods and dairy products are not allowed. Clear liquids include: soda or sports drinks, clear chicken or beef broth, water, black coffee, popsicles, white grape or apple juice, gelatins, etc.

At 10:00pm: Nothing by mouth.

DAY OF YOUR CAPSULE ENDOSCOPY

At 5:00am: Stop taking all medications.

At 7:00am: Arrive at our office. You will be taken to an exam room where a recorder belt will be placed around your waist and you will be asked to swallow the camera capsule with water. You can then leave our office and go about your normal activities.

AFTER SWALLOWING THE CAPSULE

Do not disconnect the equipment or remove the belt at any time. Avoid sudden movement and banging of the data recorder. Avoid going to casinos or near sources of powerful electromagnetic fields such as those created by an MRI device or amateur (ham) radio.

At 9:00am: You may resume drinking clear liquids.

At 11:00am: You may have a light lunch or a snack.

At 3:30pm: Return to our office to have the capsule belt removed.

Because each person's digestive system is different, your body might expel the camera capsule within hours or after several days. If you see the capsule after expelling, you can flush it down the toilet.

**If you have any questions or concerns, please call our office:
(918) 940-8500**