

Capsule Endoscopy

Preparation Instructions

Procedure Date: _____

Check in:

- 7:45-8:00AM with our front office staff
- If you arrive later than 8:00 am, we will be unable to proceed with the Capsule Endoscopy.

About Capsule Endoscopy:

A Capsule Endoscopy is a procedure in which a small wireless camera inside a vitamin-sized capsule, is swallowed and takes thousands of pictures of your gastrointestinal tract. The pictures are then transmitted and saved to a recorder on a belt that is around your waist.

What to bring and do prior to your procedure:

- You should plan on being at our facility for at least 10 minutes.
- Read prep instructions THOROUGHLY.

Cancelling/Rescheduling:

If you need to cancel or reschedule your appointment, **YOU MUST DO SO 3 BUSINESS DAYS PRIOR TO YOUR APPOINTMENT DATE OR A \$50 CANCELLATION FEE MAY BE ASSESSED.**

Instructions

Please Read all Instructions carefully. For any questions, please contact our office at 303.604.5000

5-days before your exam:

- Stop iron 5 days prior to the test (iron supplements and/or multivitamins containing iron).
- Please contact our office if you have specific concerns with the medications you are taking.
- If you are diabetic or have trouble with constipation, please contact our office for special instructions.

1-day before your exam:

- Morning: You may have a regular breakfast. After 9 am, begin a clear liquid diet.
- You can have as many clear liquids up until 10 pm. AFTER 10 pm, please take NOTHING by mouth, not even medication.
- Do NOT smoke or chew tobacco 24 hours prior to your exam, as it may cause issues with your procedure.
- Clear Liquid Diet:
 - If you can see through it, you can drink it. NO RED OR PURPLE DYES
 - Sports drinks, clear sodas, juices without pulp, water, teas, black coffee
 - Clear broths, gelatin, popsicles
 - Clear hard candies (not red or purple)
 - NO ALCOHOL, NO DAIRY PRODUCTS

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The day of your exam:

- No medication should be taken before 10 am the day of your exam. You CAN resume medications 2 hours after ingesting the capsule.
- Please wear comfortable, loose, two-piece clothing.
- Do NOT arrive to your exam later than 8:00 am. We will not be able to proceed if you do.
- At the office, you will ingest the capsule, have the equipment attached to you.
- You may have clear liquids 2 hours after swallowing the capsule.
- You may have a light meal 6 hours after swallowing the capsule.
- PLEASE RETURN TO THE OFFICE BETWEEN 4:00-4:15 PM TO HAVE THE EQUIPMENT REMOVED. This should only take a few minutes.

Instructions/expectations following the exam:

- After ingesting the capsule and until it is excreted, you should not be near any electromagnetic fields, such as an MRI device or amateur (ham) radio.
- We will not need the pill after it is excreted.
- It will be approximately 2 weeks before the report is available. Your provider's nurse or medical assistant will contact you with the results. If you have any questions, please contact our office.

