

Capsule Endoscopy - Preparation Instructions

Patient Name: _____

Procedure Date: _____

Check in between 8:15-8:30AM at our Boulder Office (1755 48th Street #100, Boulder, CO 80301) with our Front Office Staff. If you arrive later than 8:30 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.

IF YOU NEED TO CANCEL OR RESCHEDULE YOUR APPOINTMENT, YOU MUST DO SO 3 BUSINESS DAYS PRIOR TO YOUR APPOINTMENT DATE OR A CANCELLATION FEE MAY BE ASSESSED.

Please read all instructions carefully

- Stop iron 5 days prior to the test (iron supplements and/or multivitamins which contain iron).
- Please contact our office at 303.604.5000 if you have any questions or concerns.

5 days before your exam:

- Please contact our office at 303.604.5000 if you have problems with constipation. We will inform you of any special requirements we may have you do.
- Medications should NOT be taken 10 pm the night before your procedure until 10 am the day of your procedure, as they can cause issues with your procedure. You CAN resume medications 2 hours after ingesting the capsule. Please contact the office at 303.604.5000 if you have specific concerns with the medications you are taking.
- If you are diabetic, please contact our office at 303.604.5000 for instructions.

1 day before your exam:

- *Morning:* You may have a regular breakfast. After breakfast only clear liquids for lunch and dinner. *SEE BELOW*
- *10pm:* You can have as many clear liquids up until 10 pm. AFTER 10 pm please take NOTHING by mouth, not even medication. *SEE BELOW*
- Do not smoke or chew 24 hours prior to your exam, as it may cause issues with your procedure.

Clear Liquids:

- 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

The day of your exam:

- No medication should be taken before 10 am the day of your exam.
- ***Please wear comfortable, loose, two piece clothing.***
- Do NOT arrive to your exam later than 8:30 am. We will not be able to proceed if you do.
- At the Boulder Office, you will ingest the capsule, have the equipment attached to you & sign a consent form.
- 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 BOULDER OFFICE BETWEEN 4:15-4:30 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 doctor's nurse or medical assistant will contact you with the results. If you have any questions, please contact our office at 303.604.5000.