



CAPSULE ENDOSCOPY PREPARATION INSTRUCTIONS

Your doctor has ordered a Video Capsule Endoscopy to evaluate your small intestines for conditions such as ulcers and bleeding. This procedure involves swallowing a capsule the size of a large vitamin pill. The capsule will pass through your small intestines taking pictures. The pictures will be transmitted to a small computer which you will wear on a belt around your waist. The test lasts 6 to 8 hours, during which time you may leave and go about your daily activities. At the end of that time, you will be asked to return the recording computer to the Gastroenterology (GI) Clinic, where the images will be downloaded for analysis. The video capsule is disposable and will usually pass naturally in your bowel movement within 24-48 hours. You will be asked to sign a consent form prior to the procedure because of the rare possibility that the capsule may not pass.

Please read and follow the directions below prior to your procedure. There will be a change to diabetic medications the DAY OF the procedure. If you are diabetic, call the GI Resource Nurse at 919-684-6437 to assist you with this. Call the GI Scheduling Hub at 919-684-6437 if you need to reschedule your appointment or for any other questions.

Three (3) Days Before the Procedure: stop taking iron supplements

One (1) Day Before The Procedure:

- Stop taking antacids (tums, rolaids), Pepto-Bismol, or Carafate, which coats the camera lens.
- AM: You may eat a regular breakfast.
- 11am: After breakfast, CONSUME ONLY CLEAR LIQUIDS for the remainder of the day and evening. No more solid food. Avoid anything that is colored red or purple. See below for list of clear liquids.
- 7pm: TAKE ONE DOSE (17 grams) OF MIRALAX over-the-counter laxative, mixed in water. (**Note: It is NOT necessary to move your bowels after this dose!)
- 12 Midnight: DO NOT EAT OR DRINK ANYTHING ELSE. If you have any medications due, you may take them with sips of water.

Day of the Procedure:

- 6am: You may take your morning medications with small sips of water. Do not take anything further by mouth.
 - Diabetics: check blood sugar. Alter diabetic medications as discussed with GI Resource Nurse
- Wear loose, comfortable 2-piece clothing. Avoid belts, dresses, pantyhose, or anything else restrictive around your waist. Men are no longer required to shave the chest or abdomen.
- 8 - 9am: Arrive at assigned (GI) Clinic. Location and time will be specified on your appointment letter.
- After meeting with the nurse and doctor, the recording computer will be attached to you with a belt and suspenders. You will then swallow the capsule with a glass of water.
- Once the capsule is swallowed, specific instructions on diet and care of recording equipment will be given to you. A general guideline to the diet is as follows:
 - 0-2 hours after swallowing capsule: Do not eat or drink.
 - 2 hours after swallowing capsule: Clear liquids and medications.
 - 4 hours after swallowing capsule: Light snacks.
 - 6 hours after swallowing capsule: Regular diet.
- The Capsule Endoscopy will last 6 to 8 hours. You will be allowed to leave, drive, and go about your daily activities (with some exceptions).
- 4 - 5pm: Return the equipment to the GI Clinic. Resume regular diet and activities.

Clear Liquid Diet List:	(avoid anything that is colored Red or Purple)
○ Beverages:	Soft Drinks – orange, ginger ale, cola, Sprite, 7-Up, Gatorade G/G2, Kool-Aid Strained fruit juices without pulp – apple, white grape, orange, lemonade Water, tea, coffee (no milk or non-dairy creamer)
○ Soups:	Low-sodium chicken or beef bouillon/broth (broth may be strained off regular soup)
○ Desserts:	Jell-O (lemon, lime, or orange; no fruit or toppings), Popsicles (no sherbet or fruit bars)