Small Bowel Capsule Endoscopy Patient Instructions for 8 or 12 Hour Study

You have just swallowed a capsule endoscope. This sheet contains information about what to expect during your capsule endoscopy study. Please call our office at 612-871-1145 if you have severe or persistent abdominal or chest pain, fever, difficulty swallowing, or if you have any questions.

Time of capsule ingestion:__________________  Date:_________________________

- You may drink clear liquids (water, apple juice) 2 hours after swallowing the capsule. You may eat a light meal 4 hours after swallowing the capsule. You may also take your medications at this time.

You may begin to have clear liquids at ______ You may have a light meal at _________.

- Do not exercise. Avoid heavy lifting. You may sit and lay down. You can drive a car. You may return to work, if your work allows avoiding unsuitable environments and/or physical movements.

- Avoid going near MRI machines and radio transmitters. You may use a computer, radio, stereo, or cell phone.

- Do not stand directly next to another patient undergoing Capsule Small Bowel Endoscopy.

- Be sure the sensor belt is tight at the waist. Do not attach anything to it.

- Avoid getting the data recorder and sensor belt wet.

- Avoid use of fragrances while wearing the belt.

- You may loosen the belt to allow yourself to go to the bathroom. Do not take the belt off.

- Observe the LED light on the data recorder at least every 15 minutes. If the light stops blinking, document the time and call our office.

- At ________ you may remove the equipment and store it in the carrying case as instructed.

Signature:___________________________________________________________

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Post Capsule Small Bowel Endoscopy – Patient Instructions:

You have just completed a Capsule Small Bowel Endoscopy. This contains information about what to expect over the next two days. Please call our office at 612-871-1145 if you have severe or persistent abdominal or chest pain, fever, difficulty swallowing, or if you have any questions.

1. **Pain:** Pain is uncommon following Capsule Small Bowel Endoscopy. Should you feel sharp or persistent pain, please call our office.

2. **Nausea:** Nausea is also very uncommon and should it occur, please notify the office.

3. **Diet:** You may eat and drink. There are no dietary restrictions.

4. **Activities:** Following the exam, you may resume normal activities, including exercise.

5. **Medications:** You may resume all medications immediately. Do not make up for doses you have missed, just begin your normal dosage.

6. **Further Testing:** Until the capsule passes, further testing which includes any type of MRI should be avoided. If you have an MRI examination scheduled within the next 3 days, the MRI examination should be postponed.

7. **The Capsule:** The capsule passes naturally in a bowel movement, typically in about 24 hours. Most likely, you will be unaware of its passage. It does not need to be retrieved and can safely be flushed down the toilet. Occasionally, the capsule lights will still be flashing when it passes. Should you be concerned that the capsule did not pass, in the absence of symptoms, an abdominal x-ray can be obtained after 14 days to confirm its passage.

Signature: ____________________________________________