



QUEEN CITY

GASTROENTEROLOGY & HEPATOLOGY

320 Lillington Ave, Suite 101

Charlotte, NC 28204-3189

PATIENT INSTRUCTIONS FOR CAPSULE ENDOSCOPY

Your capsule endoscopy has been scheduled on: _____

This procedure has not been approved for patients with IMPLANTED DEFIBRILLATORS. Patients with these medical devices need to tell their doctor before scheduling this procedure.

If there is a question of a small bowel obstruction, a patient should not undergo this procedure without first alerting their physician.

ON THE DAY PRIOR TO YOUR EXAM:

Upon waking, you are to begin a **CLEAR LIQUID DIET ONLY** until 7PM. **After 7, PLEASE DO NOT EAT OR DRINK ANYTHING.** Clear liquids include; coffee, tea, water, juice, popsicles, broth, Gatorade. However please **DO NOT** drink anything red in color and no dairy products.

ON THE DAY OF YOUR EXAM:

- Wear loose fitting, two piece clothing. A button shirt and loose fitting pants are best. Dresses should be avoided.
- Please do not wear any lotions, oils, powders or perfumes.
- Do NOT take any medications prior to coming into the office. The nurse will give you instructions when medications can be taken.

AFTER YOUR EXAM:

- You may drink water 2 hours after the procedure. Four hours after swallowing the capsule, you may have a light snack.
- Do not exercise and avoid any heavy lifting during procedure. You may walk, sit, lie down, drive a car and return to work.
- Avoid going near MRI machines and radio transmitters. Computers, radios, stereos and cell phones may be used.
- Do not stand next to another patient undergoing a capsule endoscopy.
- Do not touch the recorder or antenna array leads.
- You may loosen the belt to allow yourself to use the bathroom, but do not take the belt off.
- The nurse performing the procedure will let you know when you need to return to the office to have the equipment disconnected.

If you have any questions, please call our office at (704) 362 – 4403.