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Patient Instructions for Undergoing Capsule Endoscopy

Your physician has determined that as part of your medical evaluation you should undergo an examination known as capsule endoscopy. This procedure involves ingesting a small capsule which will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to the electrodes which are placed on your abdomen attached to a data recorder, which is worn around your waist. The capsule is disposable and will be excreted naturally in your bowel movement. In order for your physician to get the most accurate information from this examination, you will need to follow the instructions below:

Your Capsule Endoscopy is scheduled for _____ at _____ am. in our office.

Four days before capsule endoscopy:

1. Please stop all iron medication or supplements 4 days prior to capsule endoscopy.

The day before capsule endoscopy:

1. After lunch on the day before the capsule endoscopy examination, start a liquid diet. From 10 p.m. the evening before capsule endoscopy, do not eat or drink anything except for necessary medication with a sip of water.
2. Do not take any medication beginning 2 hours before undergoing capsule endoscopy.
3. Abstain from smoking 24 hours prior to undergoing capsule endoscopy.
4. Male patients must shave their abdomen and 6 inches below their navel on the day of the examination. If you have any questions regarding this, please contact the office

Day of capsule endoscopy:

1. Arrive at our office at the prescribed time for your capsule endoscopy dressed in loose fitting, two-piece clothing.
2. The electrodes will be applied to your abdomen with adhesive pads and will be connected to the data recorder, which you will wear in a belt around your waist. After that, you will be instructed to ingest the capsule, which is the size of a large vitamin pill.

After ingesting the capsule:

1. After ingesting the capsule, do not eat or drink for at least 2 hours. After 4 hours you may have a light snack. After the examination is completed, you may return to your normal diet, unless your physician specifies otherwise. Contact your physician if you suffer from any abdominal pain, nausea, or vomiting during capsule endoscopy.
2. After ingesting the capsule and for at least 2 weeks after or until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device, amateur (ham) radio, or metal detectors at the airport. Please avoid other medical or dental procedures.
3. Occasionally, some images may be lost due to radio interference. On rare occasions this may result in the need to repeat the capsule endoscopy examination. In this case, the physician will advise you to stay within the premises of the clinic during the capsule endoscopy to prevent this problem from recurring.

