

VIDEO CAPSULE ENDOSCOPY INSTRUCTIONS

FIVE DAYS PRIOR TO YOUR TEST

Discontinue iron supplements

24 HOURS PRIOR TO YOUR TEST

Discontinue SMOKING

NO Carafate or Antacids

ONE DAY PRIOR TO YOUR TEST

1. Drink only clear liquids after 12 Noon. (examples: yellow Gatorade, apple juice, white grape juice, chicken broth, bouillon, yellow jello, black coffee, tea, clear soda such as sprite or ginger ale). No red or purple drinks or jellos.
2. No solids or milk products.
3. Drink one 10-ounce bottle of Magnesium Citrate at 6 p.m.
4. Diabetics: check your sugar frequently and adjust your medication accordingly
5. Nothing by mouth after midnight.

THE DAY OF THE EXAM

1. Drink two to three glasses of water as soon as you get up at 6 a.m.
2. Take only critical medication (heart, blood, seizure, and breathing) at least 2 hours prior to the test (6 a.m.).
3. Diabetics take one half of your usual dose of diabetes medication on the day of your exam. (Consult your doctor if needed).
4. Wear loose, comfortable two piece clothing.
5. You will swallow a capsule and be fitted with a belt containing a recorder that you will wear during the day.
6. While wearing the recorder DO NOT enter airports. DO NOT enter water or get the equipment wet. DO NOT get near any other patient wearing the same equipment as yours. DO NOT lie down or exercise.
7. Check the blue flashing data recorder light every 15 minutes to make sure it is flashing twice per second. If it stops blinking, note the time and contact your doctor.
8. Return to the hospital at your scheduled time to have the equipment removed. DO NOT remove it yourself.
9. You will be able to drink clear liquids 2 hours after swallowing the capsule. You will be able to have a light snack four hours after swallowing the capsule.
10. Avoid MRI machines during your test until the capsule passes. If you have an MRI scheduled within the 14 days after swallowing the capsule, you must postpone it until the capsule passes.
11. Avoid direct sunlight.
12. If you DO NOT see the capsule pass in one week, call our office and we will schedule an x-ray.

Your procedure is scheduled for _____ at _____.

Place: Arrive at Texoma Medical Center main lobby reception.

Return the same day at _____ to return the recorder.