

# Northern Rivers Gastroenterology

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## CAPSULE ENDOSCOPY

### PATIENT INSTRUCTIONS

STOP IRON TABLETS 1 WEEK BEFORE

#### DAY BEFORE PROCEDURE

- \* Commence **clear fluids only** from 12 midday (1 glass every hour *while awake*).
- \* Drink 1 litre of Moviprep at 6pm
- \* Nil by mouth from midnight – No food or water

#### DAY OF PROCEDURE

- take necessary medications with a sip of water 2 hours before examination (at 6am) (but **NO Diabetic** medications morning of procedure – please bring this with you)
- arrive fasting at our Lismore OR Ballina rooms for capsule endoscopy
- continue to fast until 2 hours after the capsule has been swallowed
- after 2 hours, **CLEAR FLUIDS\* ONLY** – nurse will advise time on the day
- after 4 hours you may have a light snack – nurse will advise time on the day



### PATIENT INFORMATION

**PROCEDURE** - For Capsule Endoscopy (Cofidien) you are required to:

- expect to stay around the doctor's rooms for 1-2hrs (this is until the capsule passes into small bowel – nurse will advise on the day)
- swallow the capsule
- wear loose two piece natural clothing (**cotton**) – no talcum powder or skin lotion
- wear recorder belt for approx 8 hrs
- return to the rooms at \_\_\_\_ pm the same day for removal of recorder (nurse will advise time on the day)
- after sensor belt is removed, you may return to normal diet
- attend your follow up appointment to obtain results

#### APPROVED \*CLEAR FLUIDS:

Water, clear soup (eg: strained chicken noodle soup), clear broth/bouillon, clear fruit juices (apple, pear & grape), plain jelly, black tea or coffee (no milk), sports drinks, carbonated beverages, barley sugar, clear fruit cordials (clear lemon/lime), (NO red or purple colourings).

**CONTACT THE DOCTORS OFFICE IF YOU SUFFER ANY ABDOMINAL PAIN,  
NAUSEA OR VOMITING DURING THE PROCEDURE - 0266220388**

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