



## CAPSULE ENDOSCOPY

**IF YOU ARE ON ANY MEDICATIONS LISTED BELOW, PLEASE FOLLOW THESE INSTRUCTIONS:**

### **7 DAYS BEFORE YOUR TEST STOP TAKING:**

- Oral Iron

### **1 DAY BEFORE YOUR TEST STOP TAKING:**

- Pepto-Bismol
- Liquid Antacids- This includes but is not limited to Maalox and Mylanta.

### **THE DAY BEFORE YOUR TEST:**

- Do not drink red or purple- colored liquids.
- At 10:00pm start a clear liquid diet. From this point on, you should not eat anything, only drink clear liquids.

#### ***CLEAR LIQUIDS INCLUDE:***

- Water, mineral water
- Clear fruit juice without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated and non-carbonated soft drinks or sports drinks
- Store-bought and >99% fat-free broth (chicken, beef, vegetable, or bone broth)
- Popsicles or gelatin (such as Jell-O)
- Coffee or tea (without milk or cream)

Do not consume any red or purple-colored liquids.

### **THE NIGHT BEFORE YOUR TEST:**

- Do not eat or drink anything after midnight.



## CAPSULE ENDOSCOPY

### THE MORNING OF YOUR TEST:

- Take your usual morning medications (including blood pressure medications), at least 3 hours prior to your test with a small amount of water. Do not eat or drink (Remember to continue to hold the medications mentioned on page 1.)
- Wear loose-fitting tops that are long enough to reach hip level.

### DURING THE TEST:

- We will place a belt around your lower abdomen over the shirt you are wearing. This will need to remain in place for the duration of the study.
- We will also have you wear a recording device that will need to stay in place for the test. (Please treat the equipment with care, so that it does not get damaged.)
- You will be instructed to swallow a capsule with a cup of water. The capsule is the size of large pill.

### ***After you swallow the capsule:***

- You may leave the office, but you must return to the office at 04:30pm to return the equipment. If the equipment turns off or the blue light on the recorder stops flashing you can return to the office sooner.
  - Gastroparesis Patients will need to wear the equipment from 07:30am-07:30pm. Return equipment to the office the next day.
- Every 15 minutes you will need to check to make sure this is a blinking blue light on the recorder. If it stops blinking or changes color, return to the office and let us know what time it stopped blinking.
- Walk for 5-10 minutes at a time every 20-30 minutes, so that the capsule can move through your digestive tract.
- 2 hours after swallowing the capsule you may drink clear liquids.
- 4 hours after swallowing the capsule, you may drink clear liquids and have a light lunch such as half a sandwich or a bowl of soup. Do not eat or drink anything that has red, purple or black.

### **Avoid the following:**

- Strenuous physical activity and do not bend or stoop during the test.
- Electromagnetic fields such as MRI devices or ham radios after swallowing the capsule until you pass it with a bowel movement.
- Sleeping during the test.