

CAPSULE ENDOSCOPY PATIENT INSTRUCTIONS FASTING ONLY

Your doctor has scheduled you for a Capsule Endoscopy. This procedure involves ingesting a capsule the size of a vitamin pill. This capsule passes through your entire digestive tract transmitting pictures of your esophagus, stomach and small intestine. The images are transmitted to a recorder that is attached to a vest and is worn around your waist.

After 12 hours, the data recorder is taken off. It must be returned to our office the following morning by 9:00am. The PillCam is disposable and will be excreted naturally in your bowel movement.

- If you have a pacemaker or defibrillator please let the office know right away.
- **DO NOT** take any iron products for **one week prior** to your test. (This includes some vitamins).
- Pick a day that is best for you. Due to the time it takes to arrange these tests, the office has a no show / late cancellation policy. Capsule endoscopy appointments require 3 business days prior notice, or you may be charged a fee of \$150.00.

YOUR PREP INSTRUCTIONS

THE DAY BEFORE YOUR APPOINTMENT:

Eat a small high protein breakfast with NO FIBER foods (no fruits, veggies, whole grains, etc...)

12:00 (noon) - 12:00am (midnight)

Clear liquids only - NO SOLID FOOD

12:00am (midnight before your test)

NOTHING MORE BY MOUTH

Nothing more to eat or drink



THE DAY OF YOUR CAPSULE ENDOSCOPY:

- Nothing to eat or drink
- Do not take any medications up to 2 hours before your exam except heart and blood pressure medications (they can be taken as needed).
- Do not apply body lotion or powder to your abdomen.
- Wear loose fitting, two piece clothing. Your upper clothing should be opaque not sheer.
- When you come to your appointment, you will be given instructions as to what you can do the remainder of the day.

CLEAR LIQUID EXAMPLES: (LIQUIDS THAT YOU CAN SEE LIGHT THROUGH)

Water, Ginger-ale, clear fruit juices (apple, white cranberry, white grape), beef or chicken broth/bouillon, clear soda, Gatorade, Kool-Aid, popsicles, and Jell-O. **NO RED OR PURPLE COLORS**

- ⇒ Avoid coffee, tea, and dark colored sodas
- ⇒ **DO NOT** eat solid foods
- ⇒ **DO NOT** drink milk or milk products
- ⇒ **NO ALCOHOL**

Appointment: _____

Time: _____

Report to:

- 5000 Campuswood Dr Suite 200, East Syracuse
- 8324 Oswego Rd, Ste E, 2nd Floor, Liverpool, NY

Any questions please call 315-234-6677

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