

## CAPSULE ENDOSCOPY PATIENT INSTRUCTIONS

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.
- A prep kit will be called into your pharmacy. *Do not* follow the instructions on the box, **only follow our instructions.**
- **DO NOT** take any iron products for **one week** prior to your test. (This includes some vitamins).
- If you are a diabetic patient please call the doctor that manages your diabetes and let them know you will be prepping for a procedure with a bowel prep and only clear liquids. They will advise you on instructions for adjusting your medications during your prep.
- 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.

### **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, Second Floor, Liverpool, NY

**Any questions please call 315-234-6677**

NOTE: After 12 hours, the data recorder is taken off. The recorder must be returned to our office the following morning by 9:00am.

6/2025

## **YOUR PREP INSTRUCTIONS**

### **THE DAY BEFORE YOUR APPOINTMENT:**

Eat a high protein breakfast and a light lunch.

#### **12:00 noon**

Clear liquids only - NO SOLIDS

#### **5:00pm**

*\*ONLY follow our instructions, NOT the box!*

Start the prep (**SuTab**)

- Open one(1) bottle of twelve(12) pills and fill provided cup with plain water to the fill line of 16 ounces.
- Over 15 to 20 minutes, use this water to take each pill with a good sip and then finish the entire 16 ounces. Use more water if needed. Take pills and water slower if you begin to feel uncomfortable. (Take one (1) pill at a time, wait 1-2 minutes before taking next pill).

Continue to drink LOTS of clear liquids to prevent dehydration and headache until 10:00pm. **NO RED OR PURPLE COLORS.**

#### **10:00pm**

**NOTHING MORE BY MOUTH.**



### **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.