



CAPSULE ENDOSCOPY PREPARATION

PATIENT:

DATE:

ARRIVAL TIME:

LOCATION: Medical Arts Pavilion I, Suite 134

This is a timed study; therefore, it is extremely important that you arrive at 8 am to allow adequate time for the study. Please be advised that failure to arrive on time may result in you having to be rescheduled.

Purchase at the pharmacy:

- Purchase a box of dulcolax tablets
- One box of Phazyme or Gas-X (simethicone) 180 mg

The day prior to your Procedure:

- After consuming a light breakfast, stay on a clear liquid diet for the remainder of the day
- Water, tea, coffee without any dairy products
- Fruit juices without sediment, **NO ORANGE JUICE**
- Plain Jell-O (no Red Jell-O juices)
- Broth
- Nothing Red or Purple
- At 7:00PM the day prior to your exam, take 4 dulcolax tablets
- At 10:00PM the day prior to your exam, take Phazyme or Gas-X (simethicone) 180 mg.



US Digestive Health at Christiana Campus

4745 Ogletown-Stanton Road
Medical Arts Pavilion 1, Suite 134
Newark, DE 19713
Tel: 302-738-5300 Fax: 302-731-4822

Day of the Procedure:

- Do not take any medication, food or fluid in the morning before you arrive at the office. Do not swallow your toothpaste or mouthwash.
- At 6AM take another dose of 180mg Phazyme or Gas-X
- Come to the office to swallow your capsule.
- It is important to move during the procedure so please make sure you walk around throughout the day, especially during the first 2 hours
- For the first 2 hours after ingesting the capsule do not eat or drink anything
- After 2 hours, you can have clear liquids and your medication
- After 4 hours you can have a light lunch
- Return to the office where you swallowed your capsule at 4PM so the equipment can be

disconnected and the images downloaded to the computer.

- At this time, you can resume a normal diet
- Throughout the 8-hour test please verify that the blue light is flashing every hour (if it is not flashing call the office immediately)

Do not disconnect any of the equipment during the 8-hour period

- Avoid any strenuous activity, especially if it involves sweating
- Please wear an upper garment of thin, natural fiber (T-shirt) that is long enough to reach at least the hip level and will not ride up above the sensor belt used for the procedure

Important things to know

- After ingesting capsule until it is excreted, you should not be near electromagnetic fields such as MRI or amateur (ham) radios. Personal computers are fine



US Digestive Health at Christiana Campus

4745 Ogletown-Stanton Road
Medical Arts Pavilion 1, Suite 134
Newark, DE 19713
Tel: 302-738-5300 Fax: 302-731-4822

- NO MRI for 2 weeks following the procedure. If an MRI is necessary within 3 months and you have not witnessed the capsule passing in your stool, please contact your physician
- Contact your physician immediately if you experience abdominal pain, nausea or vomiting
- Vomiting is a common reaction when taking laxatives. If you experience vomiting less than one hour after drinking the bowel prep, please call the office for additional instructions
- There is no need to look for the capsule.