

## Post Capsule Endoscopy Patient Information

### Your Time Reminder

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|---|----------|
| You may have water at:                                      | 10:00 am |
| You may resume a clear liquid diet at:                      | 11:00 am |
| You may have a regular diet at:                             | 01:00 pm |
| You may return taking by mouth medications:                 | 11:00 am |
| Please come back to the office to remove your equipment at: | 04:30 pm |

You have completed the first phase of your capsule endoscopy. For the next eight hours, avoid any activities that would require removal of your capsule equipment. You may return to your other daily activities.

You may operate electrical equipment during the remaining phase of your procedure. It is not likely that any household or commercial electronics will interfere with this examination. You may use your cell phone, computer, remote TV appliance, microwave, MP3 player and digital camera without likely interference. Because the capsule endoscopy equipment is a little ominous in appearance, we do recommend that you avoid going to the bank, airport or government facilities during the next 8 hours.

Avoid other patients undergoing capsule endoscopy. Although the transmission range of this device is limited, it is possible that your images could be altered if you come within 6 feet of another capsule endoscopy patient.

The capsule device will pass naturally in your stool. It is not necessary to retrieve or return the capsule that you have ingested. In some instances, the capsule passes rapidly through the intestine and is expelled while still "blinking". Do not be alarmed if this happens to you. You may dispose of the used capsule by flushing it down the toilet. Most patients do not see the capsule pass in their stool.

If you have stopped taking your oral Iron supplement for this examination, you may begin taking it again the day after you ingested your capsule device.

Seek medical advice if you develop abdominal pain with bloating, fever, nausea, vomiting and difficulty passing stool. These may be signs of obstruction in your intestine and may require medical attention.

You may not have an MRI during the time that the capsule is in your body. Should you require an MRI and you have not seen the capsule pass in your stool, tell your doctor so that he/she may order an abdominal x-ray before the MRI to see if the capsule has passed from your body. Most people do not see the capsule pass in their stool.

### **PLEASE DO NOT REMOVE THE EQUIPMENT YOURSELF!**

If you have any questions throughout the day please contact us at 386-668-2221 a nurse will be available to assist you with your questions.