

INSTRUCTIONS FOR CAPSULE ENTEROSCOPY

Boise Endoscopy Center 425 W. Bannock Street Boise, ID 83702 (208)342-7169

1. Please check with your insurance company regarding precertification.
2. **If you have a pacemaker, internal defibrillator, or other implanted medical device, please let us know before you start your preparation for the capsule.**
3. If you have any swallowing difficulties, please let us know.
4. If you are taking an iron supplement, please stop 5 days prior to your exam

Day before Procedure:

1. Begin a clear liquid diet all day, the day prior to your exam. Please avoid red liquids. Some examples of clear liquids are apple juice, soda, coffee, tea, beef or chicken broth, Jell-O, Gatorade or plain water. Please do not eat any solid food.
2. Drink 1 bottle of Magnesium Citrate between 5 p.m. and 7 p.m. This is a laxative preparation designed to clean out your small bowel.
3. Nothing by mouth including water and medication after midnight, the night prior to your exam.

Day of Procedure:

1. Wear 2 piece loose-fitting clothing made of thin natural fabric (i.e. cotton T-shirt) no one-piece outfits or dresses. NO tops made of synthetic fabric.
2. Do not apply any lotion or powders to abdomen.
3. Check in at Boise Endoscopy Center on _____ at _____
4. You will be allowed to have light lunch & medications 4 hours **AFTER** ingesting capsule. (12:00p.m.)
5. Return to Boise Endoscopy Center later in the day to have capsule equipment removed, usually around 3:30 p.m.

RESTRICTIONS WHILE YOU ARE WEARING THE MONITOR

1. Be careful not to disconnect the system as this may result in premature termination of the procedure. Check sensors on abdomen frequently and avoid lying on the side or bending frequently at the waist.
2. Check data recorder every 20-30 minutes to make sure the blue light is still flashing rapidly. Call the Endoscopy Center at 342-7169 if the blue light is not flashing.
3. Do not get system wet; no bathing or sponge baths.
4. Avoid vigorous physical activity such as running or jumping during the study.
5. Avoid being around MRI equipment, amateur (ham) radio, or other strong electromagnetic equipment until capsule is expelled, usually about 3 days. The capsule may be flushed down the toilet.
6. Normally, the capsule is expelled in the feces. It is safe to flush the capsule down the toilet. If you are concerned you have not passed the capsule within 3-7 days or have symptoms of obstruction such as vomiting, please contact our office.