

425 W. Bannock • Boise, Idaho 83702
2235 E. Gala • Meridian, Idaho 83642
1200 Garrity • Nampa, Idaho 83687
1216 Garrity • Nampa, Idaho 83687
875 S Vanguard Ste 300 • Meridian, Idaho 83642
875 S Vanguard Ste 310 • Meridian, Idaho 83642



Phone: 208.343.6458
Fax: 208.343.5031
Web: IdahoGastro.com
Portal: <https://idahogastro.mygportal.com/>

VIDEO CAPSULE ENDOSCOPY PREPARATION INSTRUCTIONS

PREPARATION FOR PROCEDURE

- If you have a pacemaker, internal defibrillator, or other implanted medical device, please let us know before you start your preparation for the capsule.
- If you have any swallowing difficulties, please let us know.
- Plan on being at the clinic for 30 minutes for capsule ingestion. You will need to return to the clinic by 4 PM.

FIVE DAYS PRIOR TO YOUR PROCEDURE

- Stop taking oral iron supplements

ONE DAY PRIOR TO YOUR PROCEDURE

- You may eat a normal breakfast completed by 10 AM followed by a clear liquid diet the rest of the day. 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 after 10 AM.**
- Nothing by mouth including water and medication after midnight, the night prior to your exam.

THE DAY OF THE PROCEDURE

- Nothing by mouth (liquid or food)
- 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 including spandex. **Please leave jewelry and necklaces at home.**
- You will be allowed to have water & medications 4 hours **AFTER** ingesting capsule. (i.e., 12:00 PM)
- You may eat a regular lunch at 2:00 PM.
- Return to Boise Endoscopy Center later in the day to have capsule equipment removed between 3:30 PM and 4 PM.

After Swallowing the PillCam SB Capsule

- Be careful not to disconnect the system as this may result in premature termination of the procedure. **Be sure the SensorBelt is tight at the waist.** Do not attach anything to it.
- **Check the blue flashing Data recorder light every 15 minutes** to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and call the Endoscopy Center at (208) 342-7169.
- Do not get the system wet, no bathing or sponge baths.
- Avoid vigorous physical activity such as running or jumping during the study.
- 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.
- Normally, the capsule is expelled in the feces. It is safe to flush the capsule down the toilet. **If you are concerned** that you have not passed the capsule within 3-7 days or have symptoms of obstruction such as vomiting, please contact our office.

**CALL MON-FRI 7 AM – 5 PM
OR CALL OUR AFTER HOURS NUMBER**

Boise Endoscopy Center	(208) 342-7169
After Hours	(208) 343-6458

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Appointment Time: 7:15 am on _____

Appointment Location: Check in at Boise Endoscopy Center – 425 W Bannock St., Boise, ID, 83702 – (208) 342-7169
Please return to this same location.

- ❖ **We cannot be responsible for your valuables (*watches or various jewelry items*). Please leave them at home.**
- ❖ **Bring all insurance cards and a photo ID with you. Please check with your insurance company regarding prior-authorization.**
- ❖ **Fee for services is required at time of check-in. Please be prepared to make a payment.**
- ❖ **IGA recognizes that your time is valuable, and so is ours. If you need to cancel or reschedule an appointment, please do so more than 48 business hours prior to your scheduled appointment arrival time at 208-343-6458. Late cancellations and no shows may be assessed a \$200 fee.**