

# **GASTROENTEROLOGY** CONSULTANTS, PA

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## **CAPSULE ENDOSCOPY PATIENT PREPARATION INSTRUCTIONS**

### **Prior To Procedure:**

- Discontinue all aspirin containing products, arthritis medicines and any blood thinners, **Iron Supplements** 5-7 days prior to procedure (unless instructed differently by your physician).
- Buy a 10oz bottle of Citrate of Magnesium from any drug store (over-the-counter) and drink it at 4:00 pm the evening prior to the capsule exam.
- You may not smoke 24 hours prior to the ingestion of capsule. No carafate or antacids for 24 hours prior to capsule exam.
- Men should be shaved from 6" above to 6" below umbilicus.
- You must not eat any solid food after lunch the day prior to the exam. Clear liquids only after lunch up to 8:30 pm the night prior to your procedure.

### **Day of Procedure:**

- You must take all heart and blood pressure medications with a sip of water the morning of the procedure two hours prior to arriving at the office.
- Arrive at your physician's office at the prescribed time for your procedure dressed in loose fitting, two piece clothing.
- After ingesting the PillCam SB capsule, do not eat or drink for at least 2 hours. After 4 hours you may have a light snack. After the examination is completed, you may return to your normal diet. The above instructions related to eating apply, unless your physician specifies otherwise. Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during SB capsule endoscopy.
- Because you will not be given a sedative, you may drive yourself to the office and back home again. A taxi is an acceptable option.
- SB capsule endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder.
- Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during capsule endoscopy.

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

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