



Richard Folan, MD   •   Samuel Iwata, MD   •   Scot Lewey, DO   •   Tom Meister, MD   •   Sue Mitchell, MD  
Jason Stangl, MD   •   Cindy Billock, NP   •   Kathy Genoshe, NP

## **CAPSULE ENDOSCOPY INSTRUCTIONS**

---

**APPOINTMENT DATE/TIME:** \_\_\_\_\_

To obtain the best images possible, it has been shown that drinking 2 liters of a non-absorbed fluid helps to flush food and debris down the small intestine. We are using a prep called **Miralax**. We will have you take a small amount of **Simethicone** before swallowing capsule this will reduce the bubbles in the intestine.

### **Day Before the exam:**

- You can eat your normal breakfast and lunch. After lunch take only clear liquids.
- Around 5 pm, mix a bottle of **Miralax (119gm size)** (available at any drug or grocery store) in 64 oz. of Powerade or Gatorade. -After finishing the bottle of Powerade or Gatorade, remain on a clear liquid diet (see clear liquid diet sheet).
- You should continue to take all your regular medications.
- The **Miralax** will cause you to start having bowel movements which will progress to a liquid stool.

### **Day of the exam:**

- Do not eat or drink anything after 4am, except small sips of water to take your medications.
- Do not put any lotions or powders on the trunk of your body because the adhesive pads will not stick.
- Plan to wear **loose fitting clothing**, and to arrive at the office at 8 am.
- You will be fitted with the recording equipment, and the capsule will be activated, and swallowed.
- We will give you instructions on activities to avoid during the recording, and instructions for afterward.

# [ PREPARING FOR YOUR COLONOSCOPY ]

## CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. **NO RED, BLUE, OR PURPLE LIQUIDS SHOULD BE CONSUMED!**

<b>FOOD GROUP</b>	<b>FOODS ALLOWED</b>	<b>FOODS TO AVOID</b>
Milk & beverages	Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks	Milk, milk drinks
Meats & meat substitutes	None	All
Vegetables	None	All
Fruit & fruit juices	Strained fruit juices: apple, white grape, lemonade, pulp free orange juice	Fruit juices with unstrained fruit
Grains & starches	None	All
Soups	Clear broth, consommé	All others
Desserts	Clear flavored gelatin, popsicles	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy	All others

You may drink vanilla or chocolate Boost/Ensure the day before your procedure until your prep is started if extra caloric intake is needed.

### SAMPLE DIET

<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
White grape juice Clear broth Jell-O® Tea/Coffee	Apple Juice Clear broth Jell-O® Tea/Coffee	Lemonade Clear broth Jell-O® Tea/Coffee



Richard Folan, MD    ▪    Samuel Iwata, MD    ▪    Scot Lewey, DO    ▪    Tom Meister, MD    ▪    Sue Mitchell, MD  
Jason Stangl, MD    ▪    Cindy Billock, NP    ▪    Kathy Genoshe, NP

## During Capsule Endoscopy – Patient Instructions

---

You have just swallowed a capsule endoscope. This sheet contains information about what to expect over the next 8 hours. Please call our office if you have severe or persistent abdominal or chest pain, fever, difficulty swallowing, or if you have any questions. Our phone number is (719) 632-7101.

Time of capsule ingestion - \_\_\_\_\_

1. You may drink clear liquids (water, apple juice, clear soda, etc.) 2 hours after swallowing the capsule. You may eat a light meal 4 hours after swallowing the capsule. You may also take your medications at this time.
2. Do not exercise. Avoid heavy lifting. You may walk, sit, and lay down. You can drive a car. You may return to work, if your work allows avoiding unsuitable environments and/or physical movements.
3. Avoid going near MRI machines and radio transmitters. You may use a computer, radio, stereo, or cell phone.
4. Do not stand directly next to another patient undergoing capsule endoscopy.
5. Try not to touch the recorder or the sensor array leads. Do not remove the sensor array leads.
6. Avoid getting data recorder or sensor array leads wet.
7. You may loosen the belt to allow yourself to go to the bathroom. Do not take the belt off.
8. Observe the LED lights on the data recorder at least every 15 minutes. If the light stops blinking for longer than 30 seconds, document the time and call our office.
9. Return to the office at \_\_\_\_\_ to have equipment removed.



Richard Folan, MD ▪ Samuel Iwata, MD ▪ Scot Lewey, DO ▪ Tom Meister, MD ▪ Sue Mitchell, MD  
Jason Stangl, MD ▪ Cindy Billock, NP ▪ Kathy Genoshe, NP

## Post Capsule Endoscopy – Patient Instructions

---

You have just had a capsule endoscopy. This sheet contains information about what to expect over the next 2 days. Please call office if you have severe or persistent abdominal or chest pain, fever, difficulty swallowing, or if you have any questions. Our phone number is (719) 632-7101.

1. **Pain:** Pain is uncommon following capsule endoscopy. Should you feel sharp or persistent pain, please call our office.
2. **Nausea:** Nausea is also very uncommon and should it occur, please notify the office.
3. **Diet:** You may eat and drink. There are no dietary restrictions.
4. **Activities:** Following the exam, you may resume normal activities, including exercise.
5. **Medications:** You may resume all medications immediately. Do not make up for doses you have missed.
6. **Further testing:** Until the capsule passes, further testing which includes any type of MRI should be avoided. If you have an MRI examination scheduled within the next 3 days, the MRI should be postponed.
7. **The Capsule:** The capsule passes naturally in a bowel movement, typically in about 24 – 48 hours. Most likely, you will be unaware of its passage. It does not need to be retrieved and can safely be flushed down the toilet. Occasionally, the capsule lights will still be flashing when it passes. Should you be concerned that the capsule did not pass, in the absence of symptoms, an abdominal x-ray can be obtained after 3 days to confirm its passage.
8. **Results:** We ask that when you come back to return capsule equipment that you schedule an office visit with your physician within 14 days to go over the results of your capsule endoscopy.