



Capsule Endoscopy Instructions

Your capsule endoscopy will be done in our office:

Lubbock Digestive Disease Associates. 3610 24th Street. Lubbock, TX

On _____ at _____ AM.

Instructions:

One week prior to the procedure **do not** take any Iron Products.

The Day before the Procedure

- Abstain from smoking 12 hours prior to undergoing the procedure
- After lunch (no later than noon) start a clear liquid diet
ie: water, chicken broth, apple juice, tea. No milk
Please drink plenty of liquids
- Between noon and 5 pm drink at least 32 ounces of water or Gatorade (not red)
- After 10 pm do not drink anything
- Medications can be taken with a small amount of water in the evening

The Day of the Procedure

- Do not apply lotion or creams to the abdominal area
- Wear loose fitting, two piece clothing for the procedure
- Do not take any medication in the morning before you arrive at the office
- For the first 2 hours after ingesting the Small Bowel Capsule do not eat or drink anything
- It is important to move during the procedure so please make sure to walk around throughout the day, especially during the first 2 hours.
- After 2 hours you will be able to resume a clear liquid diet
- At 2 hours you can take your medication
- After 4 hours you can have a light lunch. **Nothing Red**
- Return to the office at 8 hours
- At this time you can resume your normal diet
- Throughout the 8 hour test please verify that the blue light is flashing every hour (if it isn't flashing call the office immediately (806) 793-3141
- Do not disconnect any of the equipment during the 8 hour period
- Avoid any strenuous physical activity, especially if it involves sweating

Important Things to Know

- No MRI for 2 weeks following the procedure
- Contact your physician immediately if you experience abdominal pain, nausea or vomiting