

## *Information for You from Your Health Care Team*

### **Patient Instructions: During Small Bowel Capsule Endoscopy**

You have just swallowed a capsule endoscope. This is what you can expect over the next 6-8 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 (315) 464-1600.

Time of capsule ingestion: \_\_\_\_\_

1. You may start drinking clear liquids (water or apple juice) 2 hours after swallowing the capsule. You may eat a light meal 4 hours after swallowing the capsule and take your medications.
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 near another patient undergoing capsule endoscopy.
5. Try not to touch or remove the recorder or Sensor Array leads.
6. Avoid getting the data recorder or Sensor Array Leads wet.
7. You may loosen the belt to allow yourself to go to the bathroom, but **Do not take the belt off**.
8. Observe the LED light on the data recorder at least every 15 minutes. If the light stops blinking, document the time and call our office at (315) 464-1600
9. Return to the office at \_\_\_\_\_ to have the equipment removed.