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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 (408) 402-9990.

Time of capsule ingestion = _____

1. You may drink clear liquids (water, apple juice) 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 the 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 light on the data recorder at least every 15 minutes. If the light stops blinking, document the time and call our office.
9. Return to the office at _____ to have the equipment removed.