Video Capsule Endoscopy Instructions

Before you start:
- If you have questions concerning your current medications, call 202-444-8541 and select option 4 to speak to a nurse.
- If you are on blood thinners (Coumadin, Plavix, etc), insulin or other diabetic medications, please let us know and check with your primary or referring physician for instructions.

One week before Capsule Endoscopy:
- Stop oral iron at least 3-5 days before your procedure.
- Diabetics, contact your primary care MD to adjust your diabetes medications for the prep.

Day before Capsule Endoscopy:
- What to eat:
  - Do not eat any solid foods the entire day before your procedure.
- What to drink:
  - Only consume clear liquids
    - Ex: water, clear soup or broth, apple juice, white grape juice, pulp free lemonade, sprite, ginger-ale, coffee or tea without milk or non-dairy creamers, plain Jell-O (no added fruit or toppings, no red, purple, or blue Jell-O) and popsicles.
  - Do not eat or drink after midnight the day prior to your procedure.
  - Start the Movi Prep to clear your small bowel at 4pm. (Please See Prep Sheet)

Day of Capsule Endoscopy:
- You will be required to sign a lease agreement for the capsule equipment.
- Do not take medication 2 hours before having the exam.
- Do not apply body lotion or powder to your abdomen.
- Bring a list of ALL of your medications and allergies, a copy of your most recent medical evaluation, and a copy of your EKG if you had one recently.
- Wear comfortable clothing that is easy to remove and leave your valuables at home.

After Swallowing the Video Capsule:
- You may drink colorless, clear liquids 2 hours after swallowing the capsule and continue until the end of the capsule endoscopy. When the exam is complete, you may return to your normal diet.
- Check the green flashing light on the Data Recorder every 15 minutes to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact our office.
- Avoid strong electromagnetic fields such as MRI devices or hand radios after swallowing the capsule and until you pass it in a bowel movement.
- Treat the Data Recorder carefully. Avoid sudden movements and banging of the Data Recorder.
- The equipment/belt MUST be returned the SAME DAY of your test to room M2210
  a. 8 hours after ingesting the capsule
- Please note that an abdominal x-ray may be required within 2 weeks from your test date, only if the capsule does not pass through the small bowel. The office will contact you if that is the case.
- The Test Results will be sent to the referring physician and they will review the results with you.