

ADVANCED GASTROENTEROLOGICAL ASSOCIATES

M. Badar Anwer, MD
S. Lynette Scible, A.R.N.P.

Small Bowel Capsule Endoscopy Patient Instructions during the Study

You have just swallowed a capsule endoscope. This sheet contains information about what to expect during your capsule endoscopy study. Please call our office at **407-566-0700** if you have severe or persistent abdominal or chest pain, fever, difficulty swallowing, or if you have any questions.

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.

Do not exercise. Avoid heavy lifting. You may 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.

Avoid going near MRI machines and radio transmitters. You may use a computer, radio, stereo, or cell phone.

Do not stand directly next to another patient undergoing Capsule Small Bowel Endoscopy.

Be sure the sensor belt is tight at the waist. Do not attach anything to it.

Avoid getting the data recorder and sensor belt wet.

Avoid use of fragrances while wearing the belt.

Do not take the belt off.

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 immediately.

I have read, understood and agree to the above instructions.

Signature: _____

Date: _____

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Post Capsule Small Bowel Endoscopy – Patient Instructions:

You have just completed a Capsule Small Bowel Endoscopy. This contains information about what to expect over the next two days. Please call our office at **407-566-0700** if you have severe or persistent abdominal or chest pain, fever, difficulty swallowing, any other symptoms, or if you have any questions.

1. **Pain:** Pain is uncommon following Capsule Small Bowel 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. **Any other symptoms:** please notify the office immediately.
4. **Diet:** You may eat and drink. There are no dietary restrictions, unless specify by the physician.
5. **Activities:** Following the exam, you may resume normal activities, including exercise.
6. **Medications:** You may resume all medications immediately. Do not make up for doses you have missed, just begin your normal dosage.
7. **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 examination should be postponed.
8. **The Capsule:** The capsule passes naturally in a bowel movement, typically in about 24 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, **please inform our office immediately**. In the absence of symptoms, an abdominal x-ray can be obtained to confirm its passage.

I have read, understood and agree to the above instructions.

Signature: _____

Date: _____

Your next follow up appointment is scheduled for: _____