

**CAPSULE PATENCY  
PREPARATION INSTRUCTIONS**

**Please follow these instructions carefully!**

The patency capsule is an ingestible and dissolvable capsule intended to ensure that things move normally through the GI tract (i.e., it is “patent” or open). It is typically used to determine if it is safe to proceed to a capsule endoscopy test (a procedure that is used to look at your small intestine for conditions such as chronic gastrointestinal bleeding, anemia, small bowel polyps, and suspected Crohn’s disease). An x-ray will be performed 24 hours following ingestion of you capsule to ensure that it has moved through the entire small bowel.

**PREPARATION FOR YOUR PROCEDURE**

- **Continue all** aspirin and anti-inflammatory medications including ibuprofen, Motrin, Aleve, naproxen, Naprosyn, sulindac, piroxicam, Feldene, indomethacin, diclofenac, and Voltaren. Tylenol (acetaminophen) is also safe to continue.
- If you are diabetic and use insulin, please contact our office for insulin instructions.
- PLEASE call our office if you have any questions about which medications that you should or should not take.

**CALL MON-FRI 7 AM – 5 PM  
OR CALL OUR AFTER HOURS NUMBER**  
**Boise Endoscopy Center (208) 342-7169**  
**After Hours (208) 343-6458**

**ONE DAY PRIOR TO YOUR PROCEDURE**

- You may eat a normal breakfast and lunch completed by noon 12 PM followed by a clear liquid diet the rest of the day. Please avoid red liquids. Some examples of clear liquids are apple juice, soda, coffee, tea, beef or chicken broth, Jell-O, Gatorade, or plain water.
- **DO NOT take anything by mouth after 11:59 PM – this is very important.**
- You may take your usual prescribed medications with small sips of water.

**THE DAY OF THE PROCEDURE**

- You should not eat or drink anything prior to your appointment.
- Please check in at the Boise Endoscopy Center at 7:15 am on your appointment date.
- After you check in you will meet with a nurse who will go over your instructions, obtain your consent and give you the small patency capsule to swallow.
- After you swallow the patency capsule you may leave the endoscopy center and return to your normal activities.
- You may start drinking liquids two hours after swallowing the capsule and you may eat four hours after swallowing the capsule.
- Your physician will order an abdominal x-ray to be taken 24 hours after the patency capsule has been swallowed.
- A nurse will contact you regarding the results of the abdominal x-ray once your physician has reviewed the x-ray result.

Capsule Placement Appointment Time: 7:15 am on \_\_\_\_\_

Date/Time/Location for abdominal x-ray: Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

**Appointment Location for Capsule Placement: Check in at Boise Endoscopy Center – 425 West Bannock Street, Boise, ID, 83702**

**Bring all insurance cards and a photo ID with you. Please check with your insurance company regarding prior-authorization. Fee for services are required at time of check-in. Please be prepared to make a payment.**

# Frequently Asked Questions

## What will happen if I eat or drink a few hours or right before my procedure?

Your procedure may be cancelled. Our primary concern is for your health and safety. We give you a sedative to help you sleep during your procedure.

Eating or drinking before your procedure increases your risk of aspiration. (*Aspiration occurs when food or liquid enters your lungs.*)

You must refrain from eating or drinking 4 hours prior to your procedure.

## What liquids are included in a clear liquid diet? Can I have applesauce?

A clear liquid diet consists of liquids that are clear. Liquids such as: Black coffee (*no cream*), Tea, Jell-O, Popsicles, broth, consommé, juice, Sport's Drinks, or Soft Drinks.

Applesauce, oatmeal, milk, ice cream, or purées are **NOT** considered clear liquids.

## How do I know when my bowel preparation is complete? How do I know if it worked?

For the best results, only drink clear liquids (*no solid food*) the entire calendar day before your exam. Your stool should look similar to the liquids you have been drinking, clear or yellow without any stool particles.

If you have completed your entire preparation and you are still passing formed stool or dark brown fluid, your procedure may need to be rescheduled. Please contact our office.

**MON-FRI 7 AM – 5 PM  
OR CALL OUR AFTER HOURS NUMBER**

Meridian Endoscopy Center	(208) 695-2100
Boise Endoscopy Center	(208) 342-7169
Canyon County Endoscopy Center	(208) 954-8218
Main Office and After Hours	(208) 343-6458

## What if I start to vomit while drinking the colonoscopy preparation solution?

If you develop symptoms of nausea or vomiting, stop drinking the preparation for 30 minutes. After 30 minutes, resume slowly drinking the preparation. If you are not able to consume the entire preparation, please call our office at the numbers listed on the front page.

*Tip: Refrigerate the solution, use cold water for mixing, drink through a straw, or consume mint or ginger to prevent nausea.*

# Frequently Asked Questions

Continued

## Can I drink alcohol during the day of the bowel preparation?

**No.** Consuming alcohol causes dehydration which will compound the dehydration caused by the bowel preparation. It is important to drink plenty of water or clear liquids to remain hydrated.

## How does constipation affect the bowel preparation?

Constipation is a consistent factor that causes a poor preparation for a colonoscopy. Starting the colon preparation when you are constipated can make you sick and will result in a poor preparation. If this occurs, you may have to reschedule.

**If you do not normally have at least one bowel movement daily, then you may need special preparation instructions.** Please contact our Main Office number as soon as possible to discuss preparation options.

## Can I have a colonoscopy if I am having my menstrual cycle?

Yes. Menstruation does not interfere with a colonoscopy procedure.

## Can my spouse, family member, or friend come in with me during the procedure and watch?

No. The physician will speak with your family or responsible adult following the procedure.

## Why can't I drive after my appointment? Does my driver have to stay the entire time I am there?

Colonoscopies and upper endoscopies require sedation to provide comfort to the patient. Sedation will also cause grogginess and slow reflexes for up to 12 hours. This is why you cannot drive your car or perform activities that require quick reflexes or good judgement until the following morning. It is necessary for you to arrange for a responsible adult to safely drive you home after your procedure. If you are taking a taxi, Uber, or Lyft, your driver will not meet with the physician and will be summoned when you are ready to leave the facility. **If you do not have a responsible party to drive you home, your procedure may be rescheduled.**

*Tip: IGA has a form called the Rideshare Acknowledgement and Release that you must sign if you choose to use a service such as a taxi, Uber, or Lyft.*

## What can I expect during my procedure?

When you arrive the day of your procedure, an IV will be placed into your right arm or hand and your medical history will be reviewed.

During the procedure, we lay you on your left side. If you are unable to lay on your left side, we need to know prior to your procedure. Please call our office so we can plan accommodations. An Upper Endoscopy takes about 15 minutes, and a colonoscopy takes about 20-45 minutes.

Once your procedure is finished, your recovery time is about 30 minutes. Once you are discharged, you may resume your regular diet unless otherwise indicated.