

**VIDEO CAPSULE ENDOSCOPY
PREPARATION INSTRUCTIONS**

PREPARATION FOR PROCEDURE

- **If you have a pacemaker, internal defibrillator, or other implanted medical device, please let us know before you start your preparation for the capsule.**
- If you have any swallowing difficulties, please let us know.
- **Plan on being at the clinic for 30 minutes for capsule ingestion. You will need to return to the clinic by 4 PM.**

FIVE DAYS PRIOR TO YOUR PROCEDURE

- **Stop taking oral iron supplements**

ONE DAY PRIOR TO YOUR PROCEDURE

- You may eat a normal breakfast completed by 10 AM 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. **Please do not eat any solid food after 10 AM.**
- Nothing by mouth including water and medication after midnight, the night prior to your exam.

THE DAY OF THE PROCEDURE

- **Nothing by mouth (liquid or food)**
- Wear 2-piece loose-fitting clothing made of thin natural fabric (i.e., cotton T-shirt) no one-piece outfits or dresses. NO tops made of synthetic fabric including spandex. **Please leave jewelry and necklaces at home.**
- You will be allowed to have water & medications 4 hours **AFTER** ingesting capsule. (i.e., 12:00 PM)
- You may eat a regular lunch at 2:00 PM.
- Return to Boise Endoscopy Center later in the day to have capsule equipment removed between 3:30 PM and 4 PM.

After Swallowing the PillCam SB Capsule

- Be careful not to disconnect the system as this may result in premature termination of the procedure. **Be sure the SensorBelt is tight at the waist.** Do not attach anything to it.
- **Check the blue flashing Datarecorder light every 15 minutes** to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and call the Endoscopy Center at (208) 342-7169.
- Do not get the system wet, no bathing or sponge baths.
- Avoid vigorous physical activity such as running or jumping during the study.
- Avoid being around MRI equipment, amateur (ham) radio, or other strong electromagnetic equipment until capsule is expelled, usually about 3 days. The capsule may be flushed down the toilet.
- Normally, the capsule is expelled in the feces. It is safe to flush the capsule down the toilet. **If you are concerned** that you have not passed the capsule within 3-7 days or have symptoms of obstruction such as vomiting, please contact our office.

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

Boise Endoscopy Center	(208) 342-7169
After Hours	(208) 343-6458

425 W. Bannock • Boise, Idaho 83702
2235 E. Gala • Meridian, Idaho 83642
1216 Garrity • Nampa, Idaho 83687



Phone: 208.343.6458
Fax: 208.343.5031
Web: IdahoGastro.com

Appointment Time: 7:15 am on _____

**Appointment Location: Check in at Boise Endoscopy Center – 425 W Bannock St., Boise, ID, 83702 – (208) 342-7169
Please return to this same location.**

We cannot be responsible for your valuables (*watches or various jewelry items*). Please leave them at home.

**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.