

**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.**