

East River Gastroenterology & Nutrition

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SMALL BOWEL CAPSULE ENDOSCOPY INSTRUCTIONS

Capsule Endoscopy is a non-invasive procedure that requires you to swallow a small capsule that captures images throughout your small intestine. You will have a recorder with you for the entire eight hour test which will need to be returned at the end of the exam.

You have an appointment for a capsule endoscopy on _____ at _____.

The evening before your appointment:

- Starting at dinner you may only have a liquid diet, including water, juice, coffee, tea, soda, clear soup, jello and Gatorade. Yogurt and ice cream are also allowed.
- Do not take iron the day before or the day of your exam.
- Nothing to eat or drink after midnight.

On the day of your capsule endoscopy:

- Please wear a loose fitting shirt.
- Please arrive a few minutes before your appointment time.
- Please keep in mind this is an 8 hour test and you will be required to return the recorder to the office by 5pm.
- You may have your first drink at 11am and your first meal by 12pm.

No MRI's for ten days after your capsule endoscopy.