

**GASTROENTEROLOGY CONSULTANTS OF GREATER CINCINNATI  
CAPSULE ENDOSCOPY INSTRUCTIONS**

10600 Montgomery Rd. Suite 200  
Cincinnati, OH 45242  
**513-794-5600**

You have been scheduled for a Capsule Endoscopy

- 7:30a.m.      Arrival time 7:15a.m.      Return time 3:30p.m.
- 8:00a.m.      Arrival time 7:45a.m.      Return time 4:00p.m.

**Remember, the test will take up to 7 or 8 hours, but you will not be here the entire time. If you are unable to keep your scheduled appointment, please allow 24 hours notice. If you cannot keep your appointment and do not cancel, there will be a \$75.00 charge to your account for a no-show.**

**Warning:** You cannot have this test if you have a HEART PACEMAKER OR OTHER IMPLANTED ELECTROMEDICAL DEVICES

**PREPARATION TO BEGIN THE DAY PRIOR TO THE TEST**

1. You must follow a clear liquid diet starting after 12 NOON the day prior to the test. A clear liquid diet consists of any clear fruit juice, **without pulp**, soft drinks, clear broth, (beef or chicken bouillon is fine), coffee, tea, Kool-Aid, Gatorade, Jell-o, gelatin, regular Popsicles, any type of hard candy, **but no soft centers or chocolate. No milk or dairy products. NOTHING WITH RED OR PURPLE COLORING.**
2. NO smoking 24 hours prior to undergoing the test.
3. Mix Colyte (Golytely or TriLyte) as directed and chill in the refrigerator. You may start the Colyte between 4:00p.m. and 6:00p.m. Drink the Colyte every 10 minutes over a period of 4-6 hours until finished, drinking 8 ounces each time. Please drink at least ½ of the container. If you get chills or feel bloated, slow down and drink some warm clear liquids.
4. Nothing to eat or drink after 10:00 p.m.

## **PREPARATION FOR THE DAY OF THE TEST**

1. Do not take any of the following medications the day of the procedure:  
Iron, Antacids, Carafate, Narcotics or medications that will slow your bowels.
2. You do not need to stop anticoagulation medicines (like Coumadin (Warfarin) or aspirin).
3. If you have diabetes, adjust medication per your individualized instructions.
4. Do not take any medication 2 hours before testing.
5. Male patients should shave their abdomen 6 inches (15cm) above and below the navel on the day of the examination.
6. Wear loose fitting, two-piece clothing.
7. Arrive at the prescribed time for your testing.
8. The Sensor will be applied to your abdomen with adhesive pads and will be connected to the Data Recorder which you will wear in a belt around your waist. After that you will be instructed to ingest the Pill Cam capsule.

## **INGESTING THE CAPSULE**

1. After ingesting the capsule, do not eat or drink for at least two hours. After 4 hours you may have a light lunch. After the examination is completed, you may return to your normal diet. The above instructions related to eating apply unless your physician specifies otherwise. Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during the Capsule Endoscopy.
2. After ingesting the Pill Cam and until it is excreted in your bowels, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio.
3. The Capsule Endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at any time during this period. Since the Data Recorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the Data Recorder.
4. During the Capsule Endoscopy, you will need to verify every 15 minutes that the small light on the top of the Data Recorder is blinking twice per second. If for some reason it stops blinking at this rate, record the time and contact your physician. You should also record the time and nature of any event such as eating, drinking, your activity and any unusual sensations. Return the event form with these notes to your physician at the time you return the equipment.
5. Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during the Capsule Endoscopy.
6. Once the capsule has been activated for the test, you will be billed even if you decide either not to do the test or are unable to ingest the capsule.