

SMALL BOWEL CAPSULE ENDOSCOPY PATIENT INSTRUCTIONS

- Please arrive at 44 West River Street in Providence at 7 am to receive your capsule and data recorder.
- You will need to return to 44 West River Street at 4 pm to return your data recorder.

PREPARATION

- Discontinue iron supplement, carafate, and antacids 7 days before your test.
- If you are being evaluated for possible Crohn's disease, do not take any NSAID's (i.e. Motrin, Advil, etc.) for 2 weeks before your test.
- Avoid narcotics.
- You may have **clear liquids only** after 12:00 (noon) the day before your test. Do not drink any red liquids.
- Do not eat or drink anything after midnight the day before your test.
- Do not take any medications for two hours before your test.
- If you have diabetes, check with your doctor about possible medication changes because of the dietary restrictions.
- Wear loose, two piece clothing (shirt and pants or shirt and skirt) on the day of your test.
- Do not use any lotion, oil or powder on your chest or abdomen the day of your test.
- Drink one 10-ounce bottle of Citrate of Magnesium between 5 and 8 p.m. the night before your test.

DURING THE TEST

- You may have clear liquids two hours after you start the test.
- You may have a light lunch four hours after you start the test.
- It is important to remain active during the test, this helps the capsule to pass through the small bowel. Walking is excellent. Do not sit or lie down for most of the day.
- Treat the Data Recorder carefully, avoid banging it and avoid sudden movements.
- Check the blue flashing light every 15 minutes to make sure it continues to blink. If it stops blinking, or changes color note the time and contact us at 274-4800.
- Do not worry if you do not see the capsule pass, most people do not see it pass. Do not try to retrieve or return the capsule to us.
- Do not go near an MRI machine and do not have an MRI until you are sure that the capsule has passed, you may call the doctor who performed your study to check if you are unsure.
- Do not forget to return the equipment at the end of the day, this is when the data is collected and processed. The office closes at 5 pm.

QUESTIONS -- You may call Brenda at 274-4800 ext. 230 with any questions.