



The Capsule Endoscopy lasts approximately **8 hours**. Do not disconnect the equipment or remove the belt at any time during this period. Since the Data-Recorder is a small computer, it should be treated with the utmost care and protection. Avoid sudden movement and banging of the Data-Recorder.

## **AFTER INGESTING CAPSULE**

- Nothing to eat or drink until **2 hours** after you have taken the capsule (**8:30AM-10:30AM**).
- After **2 hours**, you may start drinking clear liquids (**10:30AM-12:30PM**).
- After **4 hours**, you may have a light lunch such as soup or salad. (**12:30PM**).
- After your lunch, continue clear liquids until you return to the office at **4:00PM** to return the monitor.

## **PLEASE NOTE**

- Do not lift, stoop, or bend over. Please avoid strenuous activity that will make you sweat while on the monitor .
- You should not be near any source of powerful electromagnetic fields, such as the one created near an MRI device or amateur (ham) radio while on the monitor.
- You will pass the capsule in your stool however most people do not notice passing their capsule. If you are concerned that you have not passed the capsule after 2 days, call our office for further evaluation and imaging.

### **Clear Liquid Diet**

- Water
- Black coffee (NO cream or milk)
- Green tea
- Clear sodas (Sprite, 7-Up, Mountain Dew, Ginger Ale)
- Clear juices (apple juice, white grape juice, lemonade)
- Light-colored sports drinks
- Crystal Light
- Chicken broths
- Gelatin flavors (Jell-O) with no fruit added, **no reds, purples or other dark colors**
- Popsicles

**AVOID** citrus juices, milk products