



## CAPSULE ENDOSCOPY Post Instructions

### Please remember to do the following:

- Call our office immediately at (734) 434-6262 and ask to speak to the Nursing Department if you have **severe or persistent abdominal or chest pain, fever, difficulty swallowing, vomiting**, or if you do not notice the excretion of the capsule within 5 days, for evaluation and possible abdominal x-ray examination.
- You are recommended to drink water every half hour for the first 4 hours.
- Do not ingest any food or colored drink (milk, coffee, etc.) during the first 4 hours after swallowing the capsule.

### 4 hours after capsule ingestion:

- **Laxative:** Drink 1 cup of the Golytely prep mixture. If you are using Miralax- mix the last measure dose with 8 oz water.
- **Diet:** Resume your normal diet. Your first meal should be light to avoid nausea/vomiting. (ex.: applesauce, cereal, toast, etc.)
- **Medications:** You may take your medications. Do not make up for doses you have missed, just begin your normal dosage.
- **Activities:** Daily activities aside from strenuous activities are permitted. You may use a computer, radio, stereo, and cell phone.

### Do Not Do / Avoid the following:

- Do not exercise. Avoid heavy lifting.
- Avoid going near MRI rooms, radio transmission towers, high-frequency radiation sites (high voltage, radar, power plants, transformers, MRI, CT, X-ray machines, etc.)
- Avoid using electric blankets or electric heating pads.

**MRI Examinations:** Avoid MRI examinations prior to excretion of the capsule. If you cannot positively verify the excretion of the capsule from your body, you should contact us for evaluation and possible abdominal x-ray before undergoing an MRI examination. Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity.

**The Capsule:** The capsule will typically take 8-48 hours to pass. Retrieval and shipping instructions are provided in the kit and available by scanning the QR code or visiting:

<http://www.capsovision.com/products/capsoretrieve>

**Your Result:** You should be contacted by your ordering physician with the results within 3 weeks.