



CAPSULE ENDOSCOPY

After Ingestion Instructions-Day of Procedure

Please Remember to do the following:

- Immediately call our office if you experience any episode of abdominal pain, nausea or vomiting.
- You are recommended to drink water every half hour during this time.
- Do not ingest any food or colored drink (milk, coffee, etc.) during the first 4hrs after swallowing the capsule.
- Four hours after capsule ingestion, mix 17 grams (one measured dose) of Polyethylene glycol (MiraLax, ClearLax, etc.) with a full glass of water or Gatorade/Powerade (non-red); drink all of the contents.
- You may eat light food (applesauce, cereal, toast) **after** 4 hours: _____.
- You may take your medication **after** 4 hours.
- 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 at hospital or outpatient settings and radio transmission towers.
- Avoid high frequency radiation sites (high voltage, radar, power plants, transformers, MRI, CT, X-ray machines, etc.)
- Avoid using electric blankets or electric heating pads.