



## Capsule Endoscopy After Ingestion Instructions

### **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.
- 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.
- Receiver and sensor pads must remain on the body during time of procedure.
- If a sensor pad or cable is removed during the procedure, try to reinstall the pad or cable and take note of the time of the occurrence.
- **RETURN to the office at Huron Gastro in Ypsilanti to have the equipment removed.**

### **Do Not Do or 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.)
- Do not stand directly next to another patient undergoing capsule endoscopy procedure.
- Do not touch the receiver or the sensory array leads.
- Do not remove the sensor belt.
- Do not open the receiver bag.
- Avoid getting the data recorder or sensor belt wet.
- Refrain from bathing or showering while sensor pads and receiver are attached to the body.
- Avoid using electric blankets or electric heating pads.