

**YOUR STUDY DATE:**

**ARRIVAL TIME:**

**THE DAY BEFORE THE CAPSULE ENDOSCOPY:**

1. After a regular lunch, drink only clear liquids (nothing red) throughout the evening and for dinner. DO NOT eat or drink anything except medications after 10 PM.
2. DO NOT take anything by mouth, including medications, mints, or gum within 2 hours of your scheduled study start time.
3. DO NOT smoke for 24 hours prior to the study.
4. Male patients should shave their stomachs 6 inches above and below the navel the day prior to the study.

**THE DAY OF THE CAPSULE ENDOSCOPY:**

1. Report to the Endoscopy Unit in Kent General Hospital at your scheduled time. Please wear loose fitting two piece clothing (ie. sweat suit)
2. After arriving in Endoscopy, a short interview will be completed and your study will begin.
3. An Endoscopy staff member will apply conduction wires with adhesive pads to your chest/stomach area and attach them to a data recorder. The recorder will be attached to a waist belt to be carried with you for the next 8 hours.
4. Once the pads are applied, you will be asked to swallow the camera pill, which is the size of a large vitamin.

**ONCE THE CAPSULE IS SWALLOWED:**

1. DO NOT drink anything, including taking any medications for at least 2 hours.
2. After 4 hours you may have some crackers and a drink, please DO NOT have a full meal until the study is complete.
3. The study lasts about 8 hours, during this time you may resume normal activities, but avoid doing things that cause sweating or require bending or stooping.
4. DO NOT remove any of the pads or equipment for any reason, please return to the Endoscopy department immediately with any problems.

5. During the study you will be asked to keep a diary of your activities and everything that you eat or drink.

6. Electromagnetic fields such as those emitted by HAM radio transmitters can cause interference with the capsule transmission, please refrain from coming in contact with these radios during the study.

7. MRIs can cause severe intestinal damage, DO NOT come in contact with MRI machines or have a scheduled MRI until you are certain the capsule has passed.

**AFTER THE STUDY:**

1. Return to the Endoscopy Unit 8 hours after swallowing the capsule to return the equipment and conclude your study.

2. The camera pill should pass within a few days, try to notice when it does. But please DO NOT return the camera to the Endoscopy Unit. You can flush the camera down the toilet without harm.

3. If you did not actually see the capsule in the toilet, and you experience abdominal pain or nausea, please contact your physician for evaluation.