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Capsule Endoscopy Procedure

One week prior to the procedure do not take any Iron Products

The Day before the Procedure

- ◆ Abstain from smoking 24 hours prior to undergoing the procedure
- ◆ After lunch start a clear liquid diet (i.e. water, chicken broth, apple juice, tea no milk)
- ◆ After 10 pm do not eat or drink anything
- ◆ Medications can be taken with a small amount of water in the evening
- ◆ Males should shave their abdomen 6 inches above and below their belly button.

The Day of the Procedure

- ◆ Do not apply any lotion or creams to the abdominal area
- ◆ Wear loose fitting, two-piece clothing for the procedure
- ◆ Do not take any medication in the morning before you arrive at the office
- ◆ For the first 2 hours after ingesting the SB Capsule do not eat or drink anything
- ◆ After 2 hours you will be able to resume a clear liquid diet
- ◆ At 2 hours you can take your medication
- ◆ After 4 hours you can have a light lunch - **Nothing Red**
- ◆ Return to the office at 8 hours
- ◆ At this time you can resume your normal diet
- ◆ Throughout the 8 hour test please verify that the blue light is flashing every hour (If it isn't flashing call the office immediately)
- ◆ Do not disconnect any of the equipment during the 8 hour period
- ◆ It is important to move during the procedure so please make sure to walk around throughout the day, especially during the first 2 hours
- ◆ Avoid any strenuous physical activity, especially if it involves sweating

Important Things to Know

- ◆ No MRI for 2 weeks preceding the procedure
- ◆ Contact your physician immediately if you experience abdominal pain, nausea, or vomiting
- ◆ This procedure is a contraindication for people with pacemakers or electro medical devices