



WHAT TO EXPECT DURING A SMALL BOWEL CAPSULE ENDOSCOPY TEST

After swallowing the small bowel capsule, you should follow the instructions listed below as a general guide to your diet.

- 0-4 hours after swallowing capsule: **No food or drink**
- 4 hours after swallowing capsule: Clear liquids and medications
 - Examples include: apple juice, white grape juice, chicken or beef bouillon/broth, popsicles (no red or purple colors), Jell-O (no red or purple colors), sodas, coffee and tea (both without cream, non-dairy creamer or milk)
- 6 hours after swallowing capsule: Light snack
- 8 hours after swallowing capsule: Regular diet

While wearing the sensor belt and monitor:

- Do not exercise.
- Avoid heavy lifting.
- Avoid going near MRI machines and radio transmitters.
- Do not remove the sensor belt.
- Avoid getting the sensor belt wet.
- You may walk, sit or lie down.
- You may drive a car.
- You may return to work if your work does not require exercise or heavy lifting.
- You may use a computer, radio, stereo and mobile phone.

Return to the office at 4:15 p.m. - 4:30 p.m. (on the same day you swallow the capsule) to have the equipment removed.

Call the office at 859.258.4950 if:

- If the light stops blinking, or changes color, please document the time. The LED light on the data recorder will blink at least once every 15 minutes.
- Please notify the office as soon as possible, if you are unable to return at the expected time.