

## Capsule Endoscopy

### Patient Instructions

You have just swallowed a Capsule Endoscope. This sheet contains information and instructions for the next eight hours.

Please telephone us on ph: **378 6236** if you have severe or persistent **abdominal or chest pain, fever, difficulty in swallowing** or you have any questions

Time of capsule ingestion 0 0 0 0 0 0 0 0 0 0 .

1. You may begin drinking **clear** fluids (ie: water, lemonade, clear apple juice, black tea, coffee) two hours after swallowing the capsule. You may eat a light meal four hours after swallowing the capsule and take your medications at this time. Light food and normal fluids as desired, may be continued after this.
2. You may continue with your daily activities, avoiding exercise and heavy lifting. Moving around is encouraged as this helps the capsule to pass through. You may drive a car. You may return to work if your work allows, avoiding unsuitable environments and/or physical movements.
3. You may use your computer, ipod, radio, stereo and mobile phone. But avoid going near MRI machines and radio transmitters.
4. Do not stand directly next to another patient undergoing Capsule Endoscopy.
5. Try not to touch the sensor belt or the data recorder. Do not disconnect the sensor belt from the data recorder at any time.
6. Avoid getting the sensor belt and data recorder wet.
7. Do not loosen the sensor belt in any way.
8. Observe the blue LED light on the data recorder at least every 15 minutes. If the light changes colour or stops blinking, document the time and call Digestive Health Services.
9. Please return to Digestive Health Services at 0 0 0 0 0 0 to have the belt removed  
**OR**  
If you are removing the belt yourself, please do so at 0 0 0 0 0 0 then place both the sensor belt and data recorder in the bag provided and return to Digestive Health Services the following morning, for downloading of your study.