



CapsoCam® Capsule Endoscopy Instructions

What to Expect

- A capsule endoscopy is a **non-invasive test** that allows your doctor to examine the small intestine using a **pill-sized camera**.
 - You will **swallow the capsule** in the office with water. No sedation or anesthesia is required.
 - The capsule travels naturally through your digestive tract while taking thousands of images.
 - You may **go about your normal daily activities** after leaving the office, following the instructions provided.
 - This study uses **CapsoCam**, which does **not require a belt or external recorder**.
 - The capsule is **passed naturally in your stool** and **must be retrieved and returned** using the provided kit.
 - Most patients experience **no discomfort** during or after the study.
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Before Your Procedure

- Stop **iron tablets or vitamins containing iron 4 days before** your capsule study.
 - Continue your regular medications unless instructed otherwise.
 - Notify our office if you have a history of bowel obstruction, Crohn's disease, or prior abdominal surgery.
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The Day Before Your Procedure

Diet Instructions

- Eat a **regular breakfast**.
 - After breakfast, follow a **clear liquid diet only** for the rest of the day.
 - **Do not eat any solid foods.**
 - Drink generous amounts of clear liquids throughout the day to prevent dehydration.
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Bowel Preparation

- **On the day prior to the procedure, at 7:00 PM:**
 - Mix **ONE 119 g bottle of MiraLAX** with **32 oz of Gatorade**
 - Drink the entire mixture **within 2 hours**
 - **Do not eat or drink anything after midnight**, unless instructed otherwise.
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The Day of Your Procedure

- **At 6:00 AM:**
 - Take **4 tablets of simethicone (Gas-X)** with a small amount of water
 - You may take your **morning medications** at this time unless instructed otherwise
 - Arrive at the office at your scheduled appointment time to **swallow the capsule**.
 - You will receive instructions at your visit regarding **capsule retrieval and return**.
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After Swallowing the Capsule

- Drink **two large cups of water** immediately after swallowing the capsule.
Nothing by mouth for the first 2 hours.
 - After **2 hours**, you may drink **clear liquids**.
 - After **4 hours**, you may have a **light snack**.
 - You may resume normal daily activities. Activity is encouraged to allow capsule passage.
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After Completing the Capsule Endoscopy

- This study uses **CapsoCam**, which **must be retrieved after it passes in your stool**.
 - Use the **retrieval kit provided**.
 - **Do NOT flush the capsule.**
 - Place the capsule in the provided container and return it as instructed.
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Results & Follow-Up

- Results may take **up to 14 days** to be finalized and reviewed.
 - If you do **not see the capsule pass within 10 days**, contact our office.
 - An X-ray may be needed to confirm capsule passage.
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MRI Warning (Very Important)

⊘ **Do NOT undergo an MRI while the capsule is inside your body.**

If you have not confirmed that the capsule has passed, contact your physician **before** having an MRI. An MRI with a retained capsule can result in **serious injury**.

