

**DURING CAPSULE ENDOSCOPY - PATIENT INSTRUCTIONS**

You have just swallowed a capsule endoscope. This sheet contains information about what to expect over the next 8 hours. Please call our office if you have severe or persistent abdominal or chest pain, fever, difficulty swallowing, or if you have any questions. Our phone number is (217) 222-6550, option #1, extension 6407.

**TIME OF CAPSULE INGESTION = \_\_\_\_\_**

1. You may drink clear liquids (water, apple juice) 2 hours after swallowing the capsule. You may also take your medications 4 hours after swallowing capsule.
2. Do not exercise. Avoid heavy lifting. You may walk, sit and lie down. You can drive a car. You may return to work if your work allows avoiding unsuitable environments and/or physical movements.
3. Avoid going near MRI machines and radio transmitters. You may use a computer, radio, stereo, or cell phone.
4. Do not stand directly next to another patient undergoing capsule endoscopy.
5. Try not to touch the recorder or the sensor array. Do not remove the sensor array.
6. Avoid getting the data recorder or sensor array wet.
7. Observe the LED light on the data recorder at least every 15 minutes. If the light stops blinking, document the time and call our office.

**Return to the office at \_\_\_\_\_ to have the equipment removed.**