

# Video Capsule Endoscopy (CapsoCam Plus) Instructions

Date: \_\_\_\_\_

Arrival time: \_\_\_\_\_

Location: Adult Gastroenterology Associates (918-438-7050)  
4200 E. Skelly Dr. Ste 700 Tulsa, OK 74135

## Important Considerations:

- If possible, hold iron supplements for 3-5 days before the study.
- Inform the provider if you have gastroparesis or a history of gastric surgery.
- Inform the provider if you have difficulty swallowing large pills/tablets.
- Inform the provider if you have an implanted cardiac defibrillator.
- You may drive yourself to the appointment.

## Day Before Capsule Endoscopy:

- Start a clear liquid diet in the morning upon awakening. Clear liquids include water, juice, sports drinks, soft drinks (anything you can see through), and black coffee. Avoid anything red.
- At 6:00 PM mix 7 capfuls (119 grams) of polyethylene glycol with 32oz. of water and drink all contents.
- After 10:00 PM, do not eat or drink except for necessary medication with a sip of water.

## Day of Capsule Endoscopy:

- Do not take any medication 2 hours before having the exam.
- Wear loosely fitting, two-piece clothing.
- Two hours prior to your appointment time, mix 1 capful (17 grams) of polyethylene glycol with 8oz. of water and drink all contents.
- Arrive for your appointment at the scheduled time.

## After Swallowing the CapsoCam Plus Capsule:

*The video capsule endoscopy procedure will last approximately 8 hours. Immediately contact your doctor's office if you experience any abdominal pain, nausea or vomiting during your procedure.*

- **You may drink colorless clear liquids starting 2 hours after swallowing the capsule.**
- **You may have food 6 hours after swallowing the capsule.** You may resume your normal diet at the end of the study.
- **Avoid strong electromagnetic fields** such as MRI devices after swallowing the capsule and until you pass it in a bowel movement.
- For best results, strictly follow the instructions.
- **The capsule may take up to 30 hours to pass. If you have not passed the capsule at 72 hours after ingestion, then contact our office immediately.**
- **Please adhere to the retrieval instructions and use the retrieval pan provided until the capsule is retrieved.**
- Return the capsule back per instructions provided.