

Digestive Health Center

Capsule Endoscopy Patient Instructions

You have just swallowed a capsule endoscope. This sheet contains information about what to expect over the next 8-9 hours. Please call our office at 319-234-5990 with any questions, or if you have severe or persistent abdominal or chest pain, fever, or difficulty swallowing.

Time of capsule ingestion: _____

1. You may drink colorless liquids starting 2 hours after swallowing the Capsule. You may start taking medications at this time.
2. You may have a light snack 4 hours after ingestion. After the examination is completed, you return to your normal diet.
3. Check the blue flashing Data Recorder light every 15 minutes to be sure it is blinking twice per second. If it stops blinking or changes color, note the time and contact our office.
4. Avoid strong electromagnetic fields such as MRI devices or ham radios after swallowing the Capsule and until you pass it in a bowel movement.
5. Do not disconnect the equipment or remove the belt at any time during the procedure. You may loosen the belt to use the bathroom.
6. Treat the Data Recorder carefully. Avoid sudden movements and banging of the Data Recorder.
7. Avoid direct exposure to bright sunlight. Avoid getting any of the equipment wet.
8. Return to our office at _____ to have the equipment removed.

**Location: 1015 S. Hackett Rd.
Waterloo, IA 50701**

If you have any questions or concerns, please call our office at 319-234-5990.
Office hours are Monday–Friday from 8:30 a.m.-5:00 p.m., with phones answered 24 hours per day for emergencies.