

Post-Capsule Endoscopy Patient Instructions

You have just had a capsule endoscopy. This sheet contains information about what to expect over the next two days. 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 319-234-5990.

- 1. Pain:** Pain is uncommon following capsule endoscopy. Should you feel sharp or persistent pain, please call our office.
- 2. Nausea:** Nausea is also very uncommon and should it occur, please call our office.
- 3. Diet:** You may eat and drink. There are no dietary restrictions.
- 4. Activities:** Following the exam, you may resume your normal activities, including exercise.
- 5. Medications:** You may resume all medications immediately. Do not make up for doses that you missed; just begin your normal dosage.
- 6. Further testing:** Until the capsule passes, further testing which includes any type of MRI should be avoided. If you have an MRI examination scheduled within the next 3 days, the MRI examination should be postponed.
- 7. The capsule:** The capsule passes naturally in a bowel movement, typically in about 24 hours. Most likely, you will be unaware of its passage. It does not need to be retrieved and can be safely flushed down the toilet. Occasionally, the capsule lights will still be flashing when it passes. Should you be concerned that the capsule did not pass, in the absence of symptoms, an abdominal x-ray can be done after 3 days to confirm its passage.

Location: Cedar Valley Digestive Health Center
1015 S. Hackett Rd., Waterloo, IA 50701

If you have any questions or concerns, please call our office at 319-234-5990 or 877-858-4741.
Office hours are Monday–Friday from 8:30 a.m.-5:00 p.m., with phones answered 24 hours per day for emergencies.