



SMALL BOWEL CAPSULE ENDOSCOPY INSTRUCTIONS

Your Small Bowel Capsule Endoscopy has been scheduled: _____ at _____ a.m.

THE DAY BEFORE THE TEST

- Have a light breakfast.
- At noon, begin a clear liquid diet (No Solid Food). You may have water, clear broth or bouillon, coffee, tea, Gatorade, Sodas, and fruit juices (no pulp).
- Do Not Eat or Drink Anything after midnight
- Take all your medications the day before the test.

THE MORNING OF THE TEST

- Do not take any medications. Take all your morning medications after the test.
- You will be asked to wear a belt around your waist. This belt is to be worn for 12 hours. You will also be asked to wear a cross-body pouch which will contain a hard drive. For your comfort, we recommend wearing loose fitting clothing.
- In some instances, we may place leads on your abdomen.
- Please do not apply any lotion/cream on the abdomen.
- You will be swallowing the video capsule with water.

AFTER THE TEST

- You may drink water 2 hours after swallowing the capsule.
- Do not drink any other liquids or eat anything until 4 hours after swallowing the capsule.
- You may begin drinking liquids and eat a light lunch 4 hours after swallowing the capsule.
- Remove the belt and the cross body pouch containing the hard drive and carefully place them in a plastic bag. Bring us all the equipment including the next business morning.

Please call 302-678-5008 if you have any questions.
