



Reddy GI Associates

1810 S. Crismon Road, Suite 191, Mesa, AZ 85209
595 N. Dobson Road, Suite A-15, Chandler, AZ 85224
P: 480.393.0575 F: 480.704.4019

Sudhakar A. Reddy, MD
Jose Lopez, MD
Tushar Gohel, MD
Shahbaz Qureshi, MD
Sharon R. Magalona, FNP-BC
Janice Amihan, AGNP-C
Steve Kalfus, ANP-C
Ayn Larson, PA

Patient Instructions for Capsule Endoscopy

Your doctor has determined that you should have a Small Bowel Capsule Endoscopy. In order for your physician to get the most accurate information from this test, you will need to follow the directions listed below.

- Stop any iron tablets or vitamins containing iron **4 days** before your study.
- Purchase one 10 oz. bottle of Magnesium Citrate (Lemon-lime or Orange flavor) **NO RED**.
- **ON THE DAY BEFORE** the Endoscopy, **NO SOLID FOOD AFTER 12 NOON. YOU MAY ONLY HAVE CLEAR LIQUIDS** (water, clear broth, Jell-O (NO RED), coffee/tea (NO MILK), ginger ale, iced tea, etc.) **AT 7 PM** drink the Magnesium Citrate. **STOP ALL LIQUIDS BY 12 midnight.**
- **AT 6 AM, TAKE 2 TABLETS OF SIMETHICONE WITH A SMALL SIP OF WATER.**

DAY OF THE PROCEDURE: Do not take any medication the morning of the procedure except for the Simethicone.

- Please arrive at your physician's office at 8 AM for your Capsule Endoscopy.
- At your physician's office, a belt with the sensor pad will be applied to your abdomen and it is attached to the recorder. You will then be instructed to ingest the Capsule with a small sip of water. Please inform the provider if you have any problems with swallowing.
- After ingesting the Capsule, do not eat or drink for 2 hours. At 10 AM you may drink water. At 12 noon you may have a light snack. After completion of the study, you may return to a normal diet.
- **Contact your physician's office immediately if you have any abdominal pain, nausea or vomiting anytime after ingesting the capsule.**
- After ingesting the capsule and until it is excreted, you should not be near any source of powerful electromagnetic field such as one created near an MRI device or amateur (ham) radio. Occasionally, some images may be lost due to radio interference. On rare occasions, this may result in the need to repeat the procedure.
- The Capsule Endoscopy will last 8 hours. During the Capsule Endoscopy try to avoid any strenuous physical activity. Do not bend or stoop during the procedure. In addition, you should not remove the belt at any time during this period.
- Every 15 minutes, you will need to verify that the small green light on the top of the recorder is still blinking. If for some reason it stops, please record the time and contact the physician's office.
- Return to the office at 4PM. Please handle the recorder very carefully as it contains the images captured in your intestines.
- The capsule is disposable and will be excreted naturally in your bowel movement. Final results of the endoscopy will be available in fourteen days.

RETURN DATA RECORDER TO REDDY GI ASSOCIATES

****1810 S. Crismon Road #191, Mesa, AZ 85209**