

MID-CENTRAL ILLINOIS GASTROENTEROLOGY, LTD.  
a member of Premier Medical Group, LLC.  
2200 Jacobssen Drive  
Normal, IL 61761  
(309) 451-1123

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## DURING CAPSULE ENDOSCOPY – PATIENT INSTRUCTIONS

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You have just swallowed a capsule endoscope. This sheet contains information about what to expect over the next 12 hours. 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 (309) 451-1123.

Time of capsule ingestion = \_\_\_\_\_ a.m. / p.m.

1. You may drink clear liquids (water, apple juice) 2 hours after swallowing the capsule.  
\_\_\_\_\_ a.m. / p.m.
2. Chew gum every 2 hours for 30 minutes. This will help stimulate the movement of the capsule through the intestinal track.
3. You may eat a **light meal** 4 hours after swallowing the capsule: \_\_\_\_\_ a.m. / p.m.  
You may also take your medications at this time.

**LIGHT MEAL:** sandwich (avoid greasy and fried foods), salad, plain egg omelet, apple juice or water, jell-o. **NO** soup, **NO** tomatoes, **NO** watermelon, **NO** ketchup, **NOTHING RED, ORANGE OR PURPLE.**

4. You may resume your regular diet 8 hours after swallowing the capsule  
\_\_\_\_\_ a.m./p.m.
5. Do not exercise. Avoid heavy lifting. You may walk, sit, and lay down. You can drive a car. You may return to work, if your work allows avoiding unsuitable environments and/or physical movements.
6. Avoid going near MRI machines and radio transmitters. You may use a computer, radio, stereo, cell phone or microwave.
7. Do not stand directly next to another patient undergoing capsule Endoscopy.
8. Try not to touch the recorder.
9. Avoid getting the data recorder or sensor belt wet.

10. Observe the LED light on the data recorder at least every 15 minutes. If the light stops blinking, prior to \_\_\_\_\_ a.m. / p.m., the test is complete and you may remove the sensor belt and recorder holder.

11. Return to the office on \_\_\_\_\_, at \_\_\_\_\_ a.m. / p.m.