

## Instructions – Video Capsule Endoscopy (VCE aka Pill Camera)

**IT IS VERY IMPORTANT TO BE ON TIME DUE TO TESTING GUIDELINES. LATE ARRIVAL MAY RESULT IN YOUR TEST BEING RE-SCHEDULED.**

### ONE WEEK PRIOR-

Discontinue iron pills or multi-vitamins containing iron.

### DAY BEFORE PROCEDURE-

VERY IMPORTANT - PLEASE DRINK PLENTY OF WATER THROUGHOUT THE DAY.

1. Light breakfast/lunch before 11 AM.
2. Start clear liquid diet at 11 AM. [ex. **water, gatorade, apple juice, soda, tea, plain black coffee - No red or purple, No milk products**]
3. Nothing by mouth after 10 PM.

### MORNING OF PROCEDURE-

- NOTHING BY MOUTH
- Do not apply any lotions, creams or powders to your chest, abdomen, or pelvic area. Wear loose clothing [ex. pajamas or workout clothes, no tight clothing.]
- Do not take any medications.

### DAY OF PROCEDURE-

8 AM – You will be connected to the monitor, swallow a large pill, and be sent home with the monitor for the rest of the day. You may resume water immediately. VERY IMPORTANT - PLEASE DRINK PLENTY OF WATER THROUGHOUT THE DAY.

10 AM – Resume clear liquid diet (no red, purple, or milk products)

12:15 PM – May take meds.

4:45 PM – Check-In at the front desk. Please do not arrive before 4:45 pm.

Notes: If you hear beeping, please drink a cup of water. If there is continued beeping, please come back to the office. Any questions, please call us at 325-795-2100. In the event we cannot get to the phone, please call surgery center at 325-795-0053.

### IMPORTANT INFO FOR AFTER YOUR PROCEDURE:

1. No MRI for 2 weeks following the procedure.
2. Contact our office or your primary care doctor's office or go to your nearest emergency room if you experience any severe abdominal pain, severe nausea or vomiting.