

BRIGHAM HEALTH



**BRIGHAM AND WOMEN'S
Harbor Medical Associates**

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Video Capsule Endoscopy Instructions

Date _____

Dear _____

Your doctor has asked that you have a Video Capsule Endoscopy, a non-invasive test used to examine the small bowel. Please read the enclosed instructions carefully.

Your test has been scheduled for _____, _____ at _____ at 1681 Washington Street in Braintree.

The day before your test you may eat your breakfast and lunch, however, we ask that you finish lunch by 1:00pm. After 1:00pm you are required to be on a clear liquid diet for the remainder of the day. You should have nothing to eat or drink after 10:00pm the night before your test.

The day of your test any morning medications should be taken at 6:30am or two (2) hours after taking the capsule.

The day of the test you will report to the office located at 1681 Washington Street Braintree. You should plan on being in the office for about one hour. You will need to return to the office 8 hours after swallowing the camera capsule.

Clear liquids can be resumed two (2) hours after you swallow the capsule. See the back of this page for a list of clear liquids.

If you are taking any IRON SUPPLEMENTS you must stop taking them five (5) days before the test. Please notify the office as soon as possible if you have a pacemaker or defibrillator.

You will be seen in the office two (2) weeks after the test to go over the results and discuss a treatment plan with your physician. Results will also be forwarded to any of your consulting and primary care physician.

If you have any questions or concerns, please do not hesitate to call the office at 781-952-1261. A telephone receptionist will be able to assist you from 8:30am to 5pm, Monday through Friday.

	FOOD GROUPS	
Group	Recommended	Avoid
Milk and Milk Products	NONE	ALL
Vegetables	NONE	ALL
Fruits	FRUIT JUICE (NO PULP) NOTHING RED OR PURPLE	NECTARS, ALL FRESH, CANNED AND FROZEN FRUITS
Breads and Grains	NONE	ALL
Meats or meat substitutes	NONE	ALL
Fats and oils	NONE	ALL
Sweets and desserts NOTHING RED OR PURPLE	GELATIN, FRUIT ICE, POPSICLES (WITHOUT PULP), CLEAR HARD CANDY	ALL OTHERS
Beverages NOTHING RED OR PURPLE	COFFEE, TEA, SOFT DRINKS, LACTOSE-FREE LOW RESIDUE SUPPLEMENTS, IF APPROVED BY A PHYSICIAN.	ALL OTHERS
Soups	BOUILLON, CONSOMME, FAT FREE BROTH	

DRINKING GATORADE IS RECOMMENDED AS IT DOES HELP TO AVOID DEHYDRATION.