



WHAT TO DO BEFORE AND DURING A VIDEO CAPSULE

VIDEO CAPSULE INSTRUCTIONS

WHEN	WHAT YOU NEED TO DO	DETAILS
1 Day before your procedure		
12:00 PM	<ul style="list-style-type: none"> Do NOT eat any more solid food Start a clear liquid diet Mix Bowel Prep with one gallon of water until it is dissolved, then place in refrigerator 	<ul style="list-style-type: none"> Refer to Clear liquid diet Consider adding powdered flavoring (Gatorade, Crystal Light, lemonade) to improve the taste of bowel prep solution Avoid red or purple coloring
4:00 PM	<ul style="list-style-type: none"> Begin drinking the Bowel Prep Solution Drink 8 ounces every 15 minutes until ½ (half) of the bottle is consumed 	<ul style="list-style-type: none"> If you feel bloated or nauseated, increase the time interval between glasses by 5-10 minutes Should take about 2 hours to finish ½ (half) of the bottle Discard the remaining half
Day of your procedure		
Morning of procedure	<ul style="list-style-type: none"> You may continue to drink clear liquids Shave or trim any chest, abdominal, and upper pelvic hair You may take your allowed prescribed medications 	<ul style="list-style-type: none"> Hair may prevent proper placement/adherence of sensors If you are diabetic: (refer to page 2)
3 hours before procedure	<ul style="list-style-type: none"> Stop all clear liquids Wear loose, comfortable clothes that have a top and bottom 	<ul style="list-style-type: none"> No dresses or 1-piece outfits Sensor leads are placed under clothing
After capsule is swallowed or endoscopically placed		
2 hours after	<ul style="list-style-type: none"> May drink clear liquids May resume normal activity Do NOT get data recorder and sensor pads wet or damaged 	<ul style="list-style-type: none"> Avoid red or purple coloring Try to remain active throughout the day Walk as much as possible, but no exercises that will cause sweating
4 hours after	<ul style="list-style-type: none"> May have a light solid snack Continue normal activity 	<ul style="list-style-type: none"> Examples: cup of soup and crackers, half a sandwich, milk Avoid red or purple coloring
8 hours after	<ul style="list-style-type: none"> May have another light solid snack Continue normal activity 	<ul style="list-style-type: none"> Avoid red or purple coloring
12 hours after	<ul style="list-style-type: none"> The study is complete, you can remove the belt and sensor pads May resume your normal diet 	<ul style="list-style-type: none"> Keep sensor sleeves on sensor pads to help protect the sensors
WHEN TO RETURN TO GI LAB		
Day after procedure	<ul style="list-style-type: none"> Return to the GI Lab to return data recorder and sensor pads 	<ul style="list-style-type: none"> GI lab is closed on the weekends and major holidays
<p>IMPORTANT: Avoid electromagnetic fields such as Magnetic Resonance Imaging (MRI) or amateur (HAM) radio devices until the capsule has passed.</p>		



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What do I need to remember on the morning of appointment?

- Do not wear any jewelry and do not bring valuables with you
- Bring ID, insurance card, and payment if needed. Debit and credit cards are accepted. We do not accept Care Credit, cash, or check.
- If you are having the capsule placed endoscopically, you will need a driver who is a responsible adult over the age of 18. Can be a family member, friend, or caregiver.

What is a video capsule?

Video capsule uses a PillCam. A PillCam is a camera pill that takes video photos of your small intestine. It can help localize abnormalities of the small bowel. The study entails wearing sensor pads and a sensor belt. The actual PillCam will eventually exit your gastrointestinal tract and will no longer be needed. You may flush the PillCam in the toilet.

How long will the test take?

The procedure takes about 15-30 minutes to complete. If you're having the capsule endoscopically placed, plan to spend about 2 hours at the endoscopy lab.

Can I drink alcoholic beverages or smoke?

Avoid drinking alcohol for several days prior to your procedure since alcohol can cause dehydration and may thin your blood. Do not smoke on the day of your procedure.

Can I chew gum? Brush my teeth?

Wear my dentures?

Yes, you may chew gum but avoid those with soft centers or red or purple coloring. Yes, you may brush your teeth. Yes, you may wear your dentures to the endoscopy lab.

Which medicines should I take on the day of my video capsule appointment?

Continue to take any heart, blood pressure, asthma, anxiety, and seizure medicines on the day of your

procedure. If you take blood pressure medicine you should take it on the day of your test with a small sip of water at least 3 hours before your test.

What if I take diabetes medicine?

It is important you check your blood sugar often on the day before and day of your procedure. Since you are on clear liquid diet, your blood sugar will tend to drop faster than normal. This can be avoided by including some fluids with regular sugar in your diet. If you feel like you have symptoms, treat with sugar or glucose tablets.

The DAY BEFORE your procedure: You may take the full dose of any oral diabetic medications

- Half your long acting insulin dose if scheduled only at night

On the DAY OF your procedure:

- Do not take any oral diabetic, short acting insulin, or weight loss medications
- Half your long acting insulin dose
- Check your blood sugar in the morning, and prior to traveling to the endoscopy lab

When will I get the results of my procedure?

Your doctor will analyze the video the capsule recorded. Expect results 2 to 4 weeks after the procedure. Plan to discuss the results with your referring doctor at a follow-up appointment.

Where do I park for procedures at the Loma Linda University Medical Center?

All Visitors can park at the P3 Parking Structure, which is on the corner of Barton Road and Campus Street.
11283 Campus Street
Loma Linda, CA 92354

I have more questions about my procedure, who do I call? I need to cancel or reschedule, who do I call?

For procedures scheduled at **Loma Linda Medical Center**, please call (909) 558-4668.



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Clear Liquid Diet Instructions

You have been scheduled to have a procedure where a clear liquid diet might be indicated.

A clear liquid diet is often used before tests, procedures or surgeries that require no food in your stomach or intestines, such as before endoscopies. A clear liquid diet helps maintain adequate hydration, provides important electrolytes, such as sodium and potassium, and gives some energy at a time when a full diet isn't possible or recommended.

What is a Clear Liquid?

- A liquid is considered clear if you can see & read through it.
- Includes only liquids without any pulp, bits of food, or other residues.
- **Alcohol beverages are NOT considered part of a clear liquid diet.**

 These foods & drinks are OK	 These foods & drinks are NOT OK
<ul style="list-style-type: none"> • Soda pop, ginger ale, and club soda • Water • Coconut Water (no pulp) • Black Coffee (no cream) • Clear Sports Drinks • Clear Fruit Juices, no pulp (apple, white grape) • Tea (no cream or milk) • Soup Broth • Honey • Jell-O (no red or purple coloring) • Popsicles (no red or purple coloring) • Gummy Bears (no red or purple coloring) 	<ul style="list-style-type: none"> • Breads, Grains, Quinoa, Rice or Cereal • Soup with added ingredients like noodles, vegetables, meats, or cream • Meat products • Dairy products • Vegetables • Fruits • Milkshakes • Coffee with cream • Non-clear fruit juices (pineapple, tomato, orange, grapefruit, mango, etc.) • Milk, including substitutes like soy or nut milks • Alcoholic Drinks