

Appointment Date: _____ Procedure Time: _____

*****Please arrive 30 minutes prior to your procedure time*****

What Is This Test?

A CapsoCam is a capsule endoscopy study that uses a vitamin-sized camera to take thousands of pictures of your digestive tract as it naturally travels through your system, helping your provider evaluate symptoms such as unexplained abdominal pain, bleeding, anemia, Crohn's disease, inflammation, or other small bowel concerns.

What to Expect

At your appointment, you will swallow the capsule with water; its tiny cameras capture images throughout the day as it moves through your intestines. You may resume most normal activities unless instructed otherwise, and the capsule will pass naturally in your stool.

*****IMPORTANT PREPARATION INSTRUCTIONS*****

PLEASE NOTE: Not following these instructions can prevent us from safely or accurately completing your test. Please follow all preparation steps carefully to avoid delays or rescheduling.

Several Days Prior to Exam

- *****IMPORTANT: Stop all oral iron supplements 5 days before your procedure*****
- Review all medication instructions from your provider and notify us if you have trouble swallowing, a history of bowel obstruction, prior abdominal surgeries, or severe constipation.
- Purchase and review your bowel prep ahead of time (you will need at least 153g of polyethylene glycol and 1.2 mL of Mylicon Drops).

Day Before Your Procedure

- Eat a normal breakfast and a light lunch, then begin a clear liquid diet for the rest of the day **(NO red-colored liquids)**.
- At **7:00 PM**, mix seven (7) capfuls (119 g) of polyethylene glycol with 32 oz of water, Gatorade, or sugar-free Gatorade **(non-red)** and drink all contents.
- At **9:30 PM**, take 0.6 mL of Mylicon drops with 8 oz of water to reduce bubbles in the GI tract.
- Do not drink anything after **10:00 PM**, except small sips of water with medications.

Day of Your Procedure

- **Hold all medications until 2 hours after** capsule ingestion unless otherwise instructed; then take with small sips of water.
- **Two (2) hours before** your appointment, mix one (1) capful (17 g) of polyethylene glycol with a full glass of water or non-red Gatorade and drink all contents.
- Swallow the CapsoCam Plus capsule with 0.6 mL of Mylicon drops in 8 oz of water.
- Resume clear liquids **2 hours after** swallowing the capsule.
- **Four (4) hours after** ingestion, drink another 17 g dose of polyethylene glycol mixed with a full glass of water or **(non-red)** Gatorade, then you may have a light lunch.
- You may eat normally for dinner; no further diet restrictions are needed.
- **Avoid MRI studies** until the capsule has passed.

After the Procedure

- The capsule should pass naturally in your stool within **3–30 hours**; continue using the retrieval pan until it is recovered
- See retrieval video instructions at <https://capsovision.com/patient-resources/what-to-expect-with-capsocam/>
- Once retrieved place the capsule in the vial, secure the lid, seal it in the pre-labeled padded envelope, and return it via any FedEx drop-off or drop box.

*****Call the office if you develop abdominal pain, nausea, or vomiting, or if the capsule has not passed within 72 hours.*****

Questions?

Contact our office if you have questions before your appointment.