

Video Capsule Endoscopy (VCE)

*One week prior to procedure STOP Iron products.

*Male patients: Shave a 2x2 area above Right chest.

Instructions for the day prior to procedure:

You may have a light breakfast and lunch prior to **11am**.

At 11am: you will begin your **CLEAR LIQUID DIET**.

ie: water, broth, soda, juice, tea, coffee...

NO Red, Purple, Milk products, or Dairy Creamer.

Drink plenty of fluids up until **12am. (midnight)**

You may take your medications anytime before Midnight.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT!!!

*****In preparation for the day of your VCE:**

Please **DO NOT** apply any lotions, creams, or powders to your chest, abdomen, or pelvic area.

Please wear loose clothing (ie: pajamas or workout clothes, tight clothing may pull at leads and we wont be able to collect data/connection to capsule will be interrupted.)

Do not take any medications prior to your procedure.

Do not disconnect or move any leads or equipment during this procedure or while out of the office.

You will arrive at our office at 8:15am or 8:30am to take the pill and get leads and monitor placed. You will be instructed to arrive back at the office between 4:30-4:45pm to have monitor removed. You will then check out and make a 3 week follow up for your VCE results. Your results WILL NOT BE GIVEN OVER THE PHONE. Call 325-795-2100 anytime during your procedure if you have any questions.

Breakdown of procedure & tips:

You will be called into an exam room. It will be confirmed that you followed prep instructions listed on the other side.

You will be connected to the leads, swallow the pill with water, and monitor pack will be placed over your shoulder to wear throughout the day.

When you leave you may have any clear liquid (follow guide on other side).

You may take any medications 2 hours after VCE has began. (1030-1045)

You may have a light lunch 4 hours after VCE began. (1230-1245)

(light lunch may consist of soup and crackers, NO meats, Red or Purple foods.)

Avoid any strenuous physical activity that may cause you to sweat.

Return to the office to remove leads and monitor, and to schedule 3 week followup for results.

Important things to know Post Procedure!!!!

*****NO MRI for 2 weeks following the procedure.**

*****Contact your PCP or our office immediately if you experience any severe abdominal pain, severe nausea or vomiting not made better or worse by anything in particular.**

Revised 03/26/2019