

# Video Capsule Endoscopy Instructions After Swallowing

*Hillmont, GI 215 402.0800*

**You are not done yet... The most important things you need to do happen after you swallow the capsule.**

**The video is recorded on the capsule itself. It MUST be recovered in order to complete the exam and get results. Otherwise it will need to be performed again.**

- Capsule ingested at \_\_\_\_\_am/pm.
- **One more dose of Miralax 2 hours after ingesting capsule.** At \_\_\_\_\_am/pm take third dose of Miralax (1 packet or 1 capful) with 8 ounces of water. You may drink additional clear liquids at this time
- You may resume solid foods (light lunch) 4 hours after ingesting capsule\_\_\_\_\_

## **\*\*\*IMPORTANT: THE CAPSULE MUST BE RETRIEVED\*\*\***

- Visit <http://www.capsovision.com/products/capsoretrieve> to watch the retrieval video.
- ***YOU WOULD BE SURPRISED* - IT CAN PASS FROM YOUR RECTUM WITHIN AN HOUR OR DAYS LATER.**
- ***EVERY TIME: YOU MUST USE THE COLLECTION SYSTEM EVERY TIME YOU USE THE TOILET AFTER YOU SWALLOW THE CAPSULE UNTIL IT IS RECOVERED.***
- **If you want to speed up the retrieval (OPTIONAL)** – anytime after 12 hours after ingesting the capsule, you may drink 10 ounces of citrate of magnesia (a fairly potent laxative purchased over the counter) and several glasses of water. Be near a toilet with the retrieval kit - it should come out within hours.
- **If you would rather pass it naturally** - that's just fine also. Just have the retrieval kit with you at all times, every time.
- **Contact the office where you had it done** - either when you recover the capsule, or if you haven't recovered the capsule within 3 to 4 days.

FLOURTOWN: Felicia at 215 664-4239

LANSDALE: Emma at 267-209-4197