



*The Doctors' Group*

## Post Capsule Endoscopy - Patient Instructions

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You have just had a capsule endoscopy. This sheet contains information about what to expect over the next two days. Please call our office if you have severe or persistent abdominal or chest pain, fever, difficulty swallowing, or if you have any questions. Our phone number is (850) 474-8428.

1. **Pain:** Pain is uncommon following capsule endoscopy. Should you feel sharp or persistent pain, please call our office. (After hours, please call 474-8000.)
2. **Nausea:** Nausea is also very uncommon and should it occur, please notify the office.
3. **Diet:** You may eat and drink. There are no dietary restrictions.
4. **Activities:** Following the exam, you may resume normal activities, including exercise.
5. **Medications:** You may resume all medications immediately. Do not make up for doses you have missed, just begin your normal dosage.
6. **Further Testing:** Until the capsule passes, further testing which includes any type of MRI should be avoided. If you have an MRI examination scheduled within the next 3 days, the MRI examination should be postponed.
7. **The Capsule:** The capsule passes naturally in a bowel movement, typically in about 24 hours. Most likely, you will be unaware of its passage. It does not need to be retrieved and can safely be flushed down the toilet. Occasionally, the capsule lights will still be flashing when it passes. Should you be concerned that the capsule did not pass, in the absence of symptoms, an abdominal x-ray can be obtained after 3 days to confirm its passage.