

**BRIGHAM HEALTH**



**BRIGHAM AND WOMEN'S  
Harbor Medical Associates**

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## **South Shore Endoscopy Center**

### **Video Capsule Endoscopy Instructions**

Date \_\_\_\_\_

Dear \_\_\_\_\_

Your doctor has asked that you have a Video Capsule Endoscopy, a non-invasive test used to examine the small bowel. Please read the enclosed instructions carefully.

Your test has been scheduled for \_\_\_\_\_, \_\_\_\_\_ at \_\_\_\_\_ at 1681 Washington Street in Braintree.

The day before your test you may eat your breakfast and lunch, however, we ask that you finish lunch by 1:00pm. After 1:00pm you are required to be on a clear liquid diet for the remainder of the day. You should have nothing to eat or drink after 10:00pm the night before your test.

The day of your test any morning medications should be taken at 6:30am or two (2) hours after taking the capsule.

The day of the test you will report to the office located at 1681 Washington Street Braintree. You should plan on being in the office for about one hour. You will need to return to the office 8 hours after swallowing the camera capsule.

Clear liquids can be resumed two (2) hours after you swallow the capsule. See the back of this page for a list of clear liquids.

If you are taking any IRON SUPPLEMENTS you must stop taking them five (5) days before the test. Please notify the office as soon as possible if you have a pacemaker or defibrillator.

You will be seen in the office two (2) weeks after the test to go over the results and discuss a treatment plan with your physician. Results will also be forwarded to any of your consulting and primary care physician.

If you have any questions or concerns, please do not hesitate to call the office at 781-952-1261. A telephone receptionist will be able to assist you from 8:30am to 5pm, Monday through Friday.

	<b>FOOD GROUPS</b>	
<b>Group</b>	<b>Recommended</b>	<b>Avoid</b>
<b>Milk and Milk Products</b>	<b>NONE</b>	<b>ALL</b>
<b>Vegetables</b>	<b>NONE</b>	<b>ALL</b>
<b>Fruits</b>	<b>FRUIT JUICE (NO PULP) NOTHING RED OR PURPLE</b>	<b>NECTARS, ALL FRESH, CANNED AND FROZEN FRUITS</b>
<b>Breads and Grains</b>	<b>NONE</b>	<b>ALL</b>
<b>Meats or meat substitutes</b>	<b>NONE</b>	<b>ALL</b>
<b>Fats and oils</b>	<b>NONE</b>	<b>ALL</b>
<b>Sweets and desserts NOTHING RED OR PURPLE</b>	<b>GELATIN, FRUIT ICE, POPSICLES (WITHOUT PULP), CLEAR HARD CANDY</b>	<b>ALL OTHERS</b>
<b>Beverages NOTHING RED OR PURPLE</b>	<b>COFFEE, TEA, SOFT DRINKS, LACTOSE-FREE LOW RESIDUE SUPPLEMENTS, IF APPROVED BY A PHYSICIAN.</b>	<b>ALL OTHERS</b>
<b>Soups</b>	<b>BOUILLON, CONSOMME, FAT FREE BROTH</b>	

DRINKING GATORADE IS RECOMMENDED AS IT DOES HELP TO AVOID DEHYDRATION.