

# Video Capsule Endoscopy Patient Instructions

## List of Events

- Ingestion of Pill Cam Capsule



- 2 hours later: 1 cup of clear fluids



- 4 hours later: Light meal. Eg. 2 pieces of biscuits or bread
- 8 hours later: Resume normal diet
- Return to clinic to return equipment

## Special Instructions:

- Be sure the sensor belt is tight at the waist. Do not attach anything to it.
- Check the flashing light (Blue / Green) on Recorder every 15 minutes to be sure it is blinking to ensure sufficient battery. If it stops blinking or changes color, note the time and contact the clinic immediately.
- Do not disconnect the equipment or completely remove the recorder at any time during procedure.
- Treat the Recorder carefully. Avoid sudden movement and banging of the Recorder.
- Assume normal daily activities as not to delay digestion for long period of time.
- Avoid strong electromagnetic fields such as anti-theft detector, airport body scanner, ham radio, MRI scan after ingestion of Capsule. MRI scan should be avoided until you pass out the Capsule.

## If any issue arise:

Please visit WH Specialist Outpatient Clinic – Gastroenterology

Contributed by Nursing

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