



Gastrointestinal Institute, LLC
Illinois Gastroenterology, Ltd.

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Post Capsule Endoscopy - Patient Instructions

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 (309) 451-1123.

1. **Pain:** Pain is uncommon following capsule endoscopy. Should you feel sharp or persistent pain, please call our office.
2. **Nausea:** Nausea is also very uncommon and should it occur, please notify the office.
3. **Activities:** Following the exam, you may resume normal activities, including exercise.
4. **Medications:** You may resume all medications immediately. Do not make up for doses you have missed, just begin your normal dosage.
5. **Further Testing:** Until the capsule passes, further testing which includes any type of MRI should be avoided. If you have an MRI examination and/or air travel scheduled within the next 3 days, they should be postponed.
6. **Diet:** You may resume a clear liquid diet 2 hours after swallowing capsule.
You may have a light meal 4 hours after swallowing the capsule. Nothing fried or greasy. Nothing red, orange or purple.
 - Light meal:
 - chicken soup or broth-based soup
 - white rice with boiled or steamed vegetables
 - scrambled or hard-boiled eggs
 - toast or bagel
 - plain yogurt, cottage cheese, or oatmeal/porridge
 - banana, papaya, avocado, or applesauce
 - Jello
 - Sandwich
 - Salad
 - Avoid greasy and fried foods
 - Fiber-rich Foods
 - Whole grains, nuts, seeds, beans and cereals
 - Nothing **RED, ORANGE OR PURPLE**