

Gastroenterology Associates, INC.

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SMALL BOWEL CAPSULE ENDOSCOPY PATIENT INSTRUCTIONS

- **Your procedure is scheduled for:**
- Please arrive at 44 West River Street (2nd floor) in Providence at 8:30am to receive your capsule and data recorder.
- You will need to return to 44 West River Street (2nd floor) at 4:15pm to return your data recorder.

Preparation

- Discontinue iron supplement, Carafate, and antacids 7 days prior to your test.
- If you are being evaluated for possible Crohn's disease, do not take any NSAID's (i.e. Motrin, Advil, etc.) for 2 weeks before your test. Avoid narcotics
- If you have diabetes, check with your doctor about possible medication changes because of the dietary restrictions.

The Day Before Your Test:

- The day before the test you may have a light breakfast.
- After 12pm (noon) you may only have clear liquids. (water, black coffee/tea, juices without pulp, clear broth, soda, Gatorade and Jello (NOT RED))
- After midnight it is **ABSOLUTELY NOTHING ELSE BY MOUTH**

The Day of Your Test:

- You may take your medications two hours before your capsule is swallowed with a small sip of water. Wear loose, two-piece clothing (shirt and pants) on the day of your test.

During Your Test:

- You may have clear liquids **two hours** after you start the test
- You may have a light lunch **four hours** after you start the test
- It is important to remain active during the test: this helps the capsule to pass through the small bowel. Walking is excellent. Do not sit or lie down for most of the day.
- Check the blue flashing light every 30 minutes to make sure it continues to blink. If it stops blinking, note the time and contact us at 401-274-4800
- Do not worry if you do not see the capsule pass; most people do not see it pass. **DO NOT TRY TO RETRIEVE OR RETURN THE CAPSULE TO US.**
- Do not go near an MRI machine and do not have an MRI until you are sure that the capsule has passed, you may call the doctor who performed your study to check if you are unsure.

1. The first step is to identify the problem. This involves understanding the symptoms and the context in which they are occurring. It is important to gather as much information as possible, including any relevant history and current events.

2. Once the problem is identified, the next step is to analyze the data. This involves looking for patterns, trends, and anomalies. It is important to consider both the quantitative and qualitative aspects of the data, and to use a variety of analytical tools and techniques.

3. After the data has been analyzed, the next step is to develop a hypothesis. This involves formulating a testable statement that explains the observed data. It is important to ensure that the hypothesis is based on sound reasoning and is supported by the available evidence.

4. The final step is to test the hypothesis. This involves designing and conducting experiments or observations that can either support or refute the hypothesis. It is important to ensure that the tests are well-controlled and that the results are carefully documented and analyzed.

5. Once the hypothesis has been tested, the final step is to draw conclusions. This involves summarizing the findings of the study and discussing their implications. It is important to be clear and concise in your conclusions, and to acknowledge any limitations of the study.

6. Finally, it is important to communicate the results of the study. This involves writing a report or paper that clearly and accurately describes the research process and findings. It is important to use appropriate language and formatting, and to provide references to any sources used in the study.