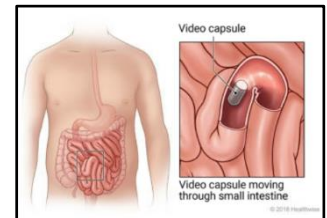


Thank you for choosing Duke Health for your healthcare needs. Your provider ordered a Video Capsule Test for you. Please review the information about your procedure to prepare for it. If you have questions about your procedure, appointment, or prep, please call Duke Gastroenterology (GI) at (919) 684-6437.

## What is a Video Capsule Endoscopy (VCE)?

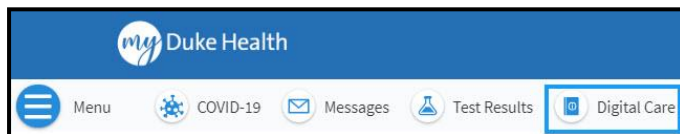
For this test, you will swallow a video capsule and wear a recording belt for eight (8) hours. The capsule is the size of a vitamin. The capsule takes pictures of your small and large intestines. The pictures are sent to the recording belt. The capsule will pass in your stool and flush down the toilet. You must return the recording device to the clinic at the end of the day. The clinic nurse will give you return information during your procedure.



## Planning for Your Test

### Two (2) weeks before your test

- Log into your My Duke Health account and review your procedure prep information. Select the Digital Care button to review and print the information.
- Sign up for the Care Convoy® mobile health app. This app is designed specifically for Duke GI patients. It is a tool that will guide you through each step of your prep. You can access the app from Google Play or the Apple Store using the QR code below. You will also get an email invitation from Care Convoy® with download instructions. The app will support you through your prep and allow you to confirm your procedure appointment. Care Convoy will ensure you are well-prepared and at ease for your procedure.



Care Convoy QR Code

- Review your procedure location (address), date, and arrival time.
- Plan to be in the GI department for your procedure for about 30 minutes.
- Put your procedure instructions in a safe place, like on your refrigerator.

### Shopping List - Prep Items

- Purchase Two (2) Non-flavored or Peppermint chewable Simethicone tablets - 125 mg (Gas-X SoftGels®). **Bring the tablets with you to the clinic for your procedure.**
- Purchase clear fluid (liquids) to drink the day before your procedure.

### SEVEN (7) DAYS Before Your Procedure

- Stop taking iron pills and or any other supplement with iron.

### TWO (2) DAYS Before Your Procedure:

- Do not** eat foods high in fiber like beans, vegetables, nuts, or seeds
- Stop** taking fiber supplements like Metamucil®, Citrucel®, and Fiberall®

## ONE (1) DAY Before Your Procedure

- Stop taking** antacid medications like Tums, Roloids®, Pepto-Bismol®, or Carafate®.
- Eat a light breakfast and lunch. **DO NOT eat any food after lunch.**
- For dinner, drink clear liquids like ginger ale, tea, chicken, vegan or beef broth, and gelatin.
- Do Not** drink any fluids that are red or purple.

## The Day of Your Procedure

- Do not eat or drink anything.**
- Take your morning medicines with a few sips of water.
- Bring the two (2) Non-flavored or Peppermint chewable Simethicone tablets - 125 mg (Gas-X SoftGels ®) to the clinic with you.
- Wear loose, comfortable 2-piece clothing. Do not wear belts, dresses, or pantyhose.

## Clear Liquid Examples

You can drink any of these fluids (liquids) the day before your procedure.

### All fluid must be light in color and not red or purple.

- Water
- Tea and black coffee without any milk, cream, flavor, non-dairy, or powdered creamer
- Flavored or coconut water without red or purple color
- Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth, including chicken, beef, or vegetable
- Sodas or Seltzer such as Mountain Dew®, Ginger-ale, Sun-drop®, or 7-Up®,
- Sports drinks such as Gatorade Zero®, Hydralyte®, Pedialyte®, Powerade Zero Sugar® or Propel®
- Popsicles without fruit or cream
- Jell-O® or other gelatin without fruit
- Boost® Breeze Tropical Juice drink



## Preparation Information and Frequently Asked Questions (FAQs)

If you have a **Pacemaker or Internal Defibrillator**, Bring your device information card to your appointment. When you check in for your procedure, give the device card to your nurse.

### **I am a diabetic. Should I change my insulin or medicine during the clear liquid diet?**

Contact your diabetes provider to ask how to adjust your medicines or insulin for this procedure.

**What are examples of high-fiber foods?** High-fiber foods include all fruits, vegetables, nuts, seeds, whole-grain bread, beans, and lentils.

**Is alcohol, wine, or beer an acceptable clear liquid?** No, alcohol, wine, and beer are not clear liquids. Do not drink any alcohol the day before your procedure.

**What if I lose my prep information?** Log into My Duke Health, select Digital Care to print your instructions, or call Duke GI for help at (919) 684-6437.