

Video Capsule Endoscopy: After Your Test

What is a video capsule endoscopy?

A **video capsule endoscopy** is a procedure that involves swallowing a small capsule, about the size of a large vitamin pill. Inside the capsule is a tiny wireless camera that takes pictures as it passes through the small intestine. These images are sent to a recording device worn on a belt around your waist. This recording device saves the pictures for a specialist to look at.

To contact us during the test, please call:	
You took your capsule at this time:	
You can have clear liquids at this time:	
You can eat at this time:	
You can start taking your normal medications at this time:	
Return to the lab at this time:	
Your test is complete at this time:	

What happens after I swallow the video capsule?

- **2 hours** after swallowing the capsule, you may drink clear liquids and take your medications.

You may drink these liquids:	Do not drink these liquids:
<ul style="list-style-type: none"> • Water • Gatorade®, Pedialyte®, or Powerade® • Coffee or tea (without milk, cream, or non-dairy creamer) 	<ul style="list-style-type: none"> • Any red or purple liquids • Alcohol • Milk, cream, or non-dairy creamer

You may drink these liquids:	Do not drink these liquids:
<ul style="list-style-type: none"> • Carbonated or non-carbonated soda • Fruit-flavored drinks • Apple juice, white cranberry juice, or white grape juice • Jell-O (gelatin) or popsicles • Broth 	<ul style="list-style-type: none"> • Juice with pulp • Any liquid you cannot see through

- **4 hours** after swallowing the capsule, you may eat.
 - We recommend starting with a cup of tea with sugar. This can help stimulate movement in your digestive tract (**motility**).

How long does the test last?

The video capsule has a battery life of 8 hours.

If you have a morning appointment for your test:

- Please plan to get your own lunch or bring lunch with you.

If you have an afternoon appointment:

- Please wear the equipment (recorder and belt or patches) until you come back the next morning.
- Please return the equipment to the facility where you had the test the next day by 8:00 AM unless you already arranged to return it by mail (this is only offered if you had your test at the UH location).

What rules should I follow during the test?

During the test, please follow these guidelines:

- Avoid physical activity that would cause you to sweat (this may cause issues with the test equipment).
- Avoid MRI machines.
- Do not remove the belt. You may loosen the belt to go to the bathroom.

- Keep the equipment dry. Do not shower, take a bath, or swim.
- Avoid touching the recorder and the patches or belt.
- Call us immediately if you have stomach pain, nausea, or vomiting.
- Check about every 15 minutes that the light is blinking on the data recorder. For same-day procedures, return if and when it stops blinking.

What happens to the capsule after the test?

The capsule will naturally pass through your GI tract. You may not even notice it passing. We do not have to remove or retrieve it. You can safely flush it down the toilet.

What can I eat after the test?

You may go back to eating your normal diet after the test.

Are there any physical activity restrictions after the test?

No, you may return to your normal activities immediately after the test.

Are there any other restrictions after the test?

Please wait at least 30 days from the day of your test to have an MRI. If you need an MRI before 30 days have passed, tell your doctor about your video capsule endoscopy. They may do an X-ray to make sure the capsule has passed.

When should I call the doctor?

Please call us if you develop any of these symptoms:

- Abdominal (stomach) pain
- Nausea or vomiting

What is the contact information?

- On Monday through Friday between 8:00 AM - 5:00 PM, please call our clinic at **(734) 936-9250**.
- During non-business hours (evenings, weekends, and holidays), please call **(734) 936-6267** and ask to have the on-call gastroenterology (GI) fellow paged.

If you are unable to reach a doctor and your symptoms are not going away, go to the nearest emergency room (ER) and bring this document with you.

Who do I contact with equipment-related questions or concerns?

If you have questions or concerns related to the testing equipment (issues with the recorder or battery, etc.):

- If your equipment was placed at Brighton Center for Specialty Care: call **(810) 263-4400** on Monday through Friday between 7:00 AM - 3:30 PM and ask to speak with the member of the GI Physiology Lab.
- If your equipment was placed at University Hospital: call **(734) 936-5567** on Monday through Friday between 7:00 AM - 3:30 PM and ask to speak with a member of the GI Physiology Lab.
- During non-business hours (evenings, weekend, and holidays), please call **(734) 936-6267** and ask to have the GI Physiology Lab after hours pager **#34090** notified.

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