

## PREPARING FOR YOUR AGILE CAPSULE PATENCY TEST

### 1 week before your test:

- Discontinue medications containing iron. This includes multivitamins with iron.

### 1 day before your test:

- At Noon begin clear liquid diet (clear liquids include things you can see through).
  - Examples of a clear liquid diet include: water, clear broth or bouillon (gluten free options available), Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jello-O, popsicles, and up to one cup of black coffee or tea (no milk or cream) each day.
  - The following are not allowed on a clear liquid diet: red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, products containing oil and chewing tobacco.
  - For additional details on following a clear liquid diet, please see <https://www.mngi.com/conditions/clear-liquid-diet>

### 10 hours before your test:

- Stop drinking all liquids.

### The day of your test:

- Do not take any of your morning medications. Our staff will discuss your medication schedule with you when you arrive.

### Bring to your appointment:

- Insurance Card / Photo ID
- List of Current Medications

### Cancel or Reschedule Your Appointment:

If you develop COVID-19, are exposed to COVID-19 or have COVID-19 like symptoms at any point after you schedule this appointment, please call our office to determine if it is okay to proceed with your visit. COVID-19 guidelines for health care facilities may differ from community guidelines. In addition, if you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you have any newly diagnosed medical condition (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

### After placement of the capsule:

- Please note: after ingesting the Agile capsule and until it is excreted, you should not have a Magnetic Resonance Imaging (MRI) or be near an MRI.

- **Scheduled MRI:** If you are scheduled for a MRI: After ingesting the capsule and until it is excreted, you should not have a Magnetic Resonance Imaging (MRI) examination or be near a MRI.

## **DESCRIPTION OF THE AGILE CAPSULE TEST**

### **What is the Agile Capsule test?**

The Agile Capsule is a test that enables the doctor to determine if your intestines are free of obstructions. You will swallow a vitamin-sized capsule that naturally breaks down after 30 hours. The Agile capsule has been ordered along with the Pill Cam Endoscopy. The Pill Cam Endoscopy helps your doctor determine the cause for recurrent or persistent symptoms such as abdominal pain, diarrhea, bleeding or anemia. The Pill Cam Endoscopy allows your physician to evaluate your small intestines. The Pill Cam Capsule does not dissolve in your system. If you have a suspected blockage in your intestines, the dissolvable Agile Capsule is used first to determine if it is safe to use the Pill Cam.

### **What should I expect during an Agile test?**

The Agile Capsule is swallowed and should pass within approximately 30 hours after ingestion. You will be able to eat 4 hours after swallowing the capsule, unless your doctor instructs you otherwise. The Agile Capsule is disposable and passes naturally with your bowel movement. You should not feel any pain or discomfort during capsule excretion. If the capsule does not pass in a bowel movement, it will dissolve in your system naturally.

### **What should I expect after the Agile test?**

You will have an X-ray 30 hours after ingestion to verify that the Agile Capsule has passed. If the Agile Capsule has passed, you will proceed with having the Pill Cam Endoscopy. If it has not passed, our office will notify you of next steps. **Please note:** after ingesting the Agile capsule and until it is excreted, you should not have a Magnetic Resonance Imaging (MRI) or be near an MRI.

### **What are the possible complications of the Agile test?**

Although complications may occur, they are rare. It is important for you to recognize early signs of complications. If you have a fever after the test, trouble swallowing, increasing chest, abdominal pain or abdominal distention, tell your doctor immediately.