

## PREPARING FOR YOUR AGILE CAPSULE PATENCY TEST



612-871-1145 | [mngi.com](http://mngi.com)

To ensure a successful test, please follow all instructions carefully.

### 1 week before your test:

- Discontinue medications containing iron. This includes multivitamins with iron.
- Using the below tracking tool, document the number of bowel movements each day for 1 week prior to the Agile capsule test.

### 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, up to one cup of black coffee or tea (no milk or cream) each day, clear broth or bouillon, 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 and popsicles.

### 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 must cancel or reschedule your appointment, please call 612-871-1145 as soon as possible.

### 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 PillCam SB (Capsule Endoscopy). PillCam SB helps your doctor determine the cause for recurrent or persistent symptoms such as abdominal pain, diarrhea, bleeding or anemia. The PillCam SB allows your physician to evaluate your small intestines. The PillCam SB 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 PillCam SB.

### **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 PillCam SB (Capsule 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.