

Capsule Endoscopy Preparation Instructions

3 DAYS BEFORE YOUR CAPSULE ENDOSCOPY:

- Discontinue iron supplements.

1 DAY BEFORE YOUR CAPSULE ENDOSCOPY:

- You can have a normal breakfast and lunch.
- After lunch at **1pm**, begin a clear liquid diet (NO red or purple liquids).
- Stop drinking all liquids (this includes water) at midnight.

Clear Liquid:

- Gatorade, Pedialyte or Powerade Clear
Broth or Bouillon
- Coffee or Tea (No Milk or Non-Dairy
Creamer)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Other Fruit-Flavored Drinks
Strained Fruit Juices (No pulp)
- Jell-O, Popsicles, Hard Candy

Not Clear Liquid:

- *No red or purple items of any kind*
No alcohol
- *No milk or non dairy creamers* *No*
noodles or vegetables in soup *No*
juice with pulp
- *No liquid you cannot see through*

THE DAY OF YOUR CAPSULE ENDOSCOPY:

- Nothing to drink (this includes water)
- No medications the morning of the capsule endoscopy. Our staff will discuss your medication schedule and any additional instructions with you when you arrive.
- Bring your insurance card, license and co-pay.
- **Take Reglan Pill (this was called into your pharmacy) 1 hour prior to the appointment time.**
- Do not use lotions or creams on your abdomen or lower chest.
- Please arrive dressed in loose fitting, two-piece clothing. If possible, wear a top with buttons that open in the front.

WHEN YOU ARRIVE FOR YOUR CAPSULE ENDOSCOPY:

- Bring your insurance card, license and co-pay.
- Our staff will place a belt with sensors across your abdomen and give you the capsule pill to swallow.
- When you leave your exam...
- You may drive yourself home after the procedure. Plan to return back to our office in 8 hours for our staff to remove the equipment. The capsule should pass within 48 hours and does not need to be retrieved.