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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. (A clear liquid is only liquid that you can see through).

Clear Liquid:	Not 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	- 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

- At **Midnight**, stop drinking all liquids (including water).

DAY OF YOUR CAPSULE ENDOSCOPY:

- Nothing to drink (including 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 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 PROCEDURE:

- 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
- 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.