

CAPSULE ENDOSCOPY PATIENT INSTRUCTIONS

PLEASE STOP TAKING IRON SUPPLEMENTS 7 DAYS PRIOR TO THE VIDEO CAPSULE ENDOSCOPY.

- **DAY BEFORE:** Light breakfast and then clear liquids (i.e., water, ginger ale, Gatorade, apple juice) for lunch and dinner. Clear liquids are drinks you can see through the glass.
- **SMOKING:** Not allowed for 24 hours before your procedure.
- **PREP:** 1 bottle of Magnesium Citrate or 119 gm Miralax (purchased OTC) mixed with 32 ounces of Gatorade or other non-carbonated clear liquid, around 8pm.
- **WATER:** Until 10pm after taking the laxative. Nothing AT ALL after 10pm that until your appointment in the morning
- **MEDS:** May take your important medications 2 hours prior to your procedure or postpone it 4 hours after swallowing the pill. This will ensure that the capsule's transit down the small bowel will be free of visual interference.
- **REGISTRATION:** Register your visit at the front desk. You will be sent back to the GI capsule room for the procedure. You may leave after swallowing the capsule. Recorder functions and dietary instructions will be reviewed with you. Return to the clinic with the recorder after approximately 8 hours as directed by staff or earlier, if you pass the capsule with your bowel movement.
- **DIET:** Clear liquids after 2 hours. Full liquids (broth, coffee, orange juice and opaque drinks) and medications after 4 hours and a snack after 6 hours.
- **RESTRICTIONS:** No magnetic fields, airport security or MRIs. No strenuous physician activity or exercise. Computers and cell phones okay.