INSTRUCTIONS FOR CAPSULE ENDOSCOPY

**PROCEDURE DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Arrive at 8:00AM and return to the office on the same day at 4:30PM

Follow up office visit: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ONE WEEK BEFORE YOUR PROCEDURE:**

Stop taking iron products. You may continue all of your other medications.

**DAY BEFORE PROCEDURE:**

**NO SOLID FOOD THE ENTIRE DAY BEFORE THE PROCEDURE!**

Drink **ONLY** clear liquids all day. Do not drink any liquids that are red or purple in color- cranberry juice, red grape juice.

**Examples of Clear liquids**: (nothing red or purple)

Soups: broth or bouillon (beef, chicken)

Juices: white grape, apple, white cranberry, etc

Desserts: Jell-O, Italian ice, Popsicles, etc

Beverages: Tea, Water, black coffee, Crystal light

**DO NOT** drink any milk or dairy products or any citrus drinks (orange juice, lemonade, grapefruit juice)

IF YOU ARE DIABETIC, DISCUSS THE DOSING OF YOUR DIABETIC MEDICATIONS WITH YOUR PRESCRIBING PROVIDER

**PREPARTION INSTRUCTIONS:**

* At 8AM the day before the procedure, drink 34 gm (2 doses) of MiraLAX
* At 12PM (noon) drink another 34 gm (2 doses) of MiraLAX
* **DO NOT DRINK ANYTHING AFTER MIDNIGHT**.
* **ONLY** take medications for blood pressure and heart with a sip of water three (3) hours prior to the procedure.

**\*\*Please allow a 5-business day notice for cancellation or there will be a $200 fee.**