

## 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\***

#### **Purchase at the pharmacy/grocery store:**

\*1 bottle of Gatorade (64 ounces), or 1 box of Crystal Light packets (recommended for diabetics)

\*1 bottle of MiraLax (238 g)

\*Simethicone (Gas-Ex) Tablets

At 6:00PM, mix the entire bottle of MiraLax with the bottle of Gatorade or, \* if you are diabetic, a pitcher of Crystal light.

Shake/stir the solution until the powder is dissolved.

Drink 8 ounces every 10-15 minutes until the entire solution is gone. (Drinking with a straw helps.)

Do not drink or eat anything after midnight.

### **MORNING OF YOUR PROCEDURE:**

Chew 2 Simethicone (Gas-Ex tablets) at 6:30 AM

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 \$75 fee.**