Capsule Endoscopy Preparation Instructions

Your procedure is scheduled on ____-____-____ at 7:30 AM

Please follow these instructions carefully

MEDICATIONS TO AVOID:

- Do not take aspirin or aspirin-like medications (e.g. Advil, Motrin/ibuprofen, Aleve/naproxen) for 2 weeks prior to the video capsule test.

- Do not take iron supplements or vitamins containing iron 7 days prior to the video capsule test.

- Do not take Carafate (sucralfate) or antacids 24 hours before the video capsule test.

THE DAY BEFORE YOU PROCEDURE:

1) You may have a light breakfast. You should not eat any solid food after 12 noon.

2) After 12 noon you should drink only clear liquids (water, clear fruit juices, Gatorade, soup, broth, tea or coffee without cream, popsicles, soda, Jell-O) for the rest of the day. Avoid red or purple colored liquids.

3) **Starting at 5 P.M. the evening before your procedure** drink one bottle of magnesium citrate (this can be purchased at any pharmacy). Do NOT take magnesium citrate if you have kidney problems or if you require dialysis treatments.

4) You may take your prescription medications the day before your procedure (except for those medications listed above and any other medications your physician has instructed you to stop).

5) NO ALCOHOL the day before your capsule endoscopy.

6) Do not eat or drink anything after midnight.

THE DAY OF YOUR PROCEDURE:

1) Wear comfortable, loose fitting clothing.

2) Do not apply any lotion, cream, or ointments to the skin before the exam.

3) You may take your prescription medications with sips of water up to six hours before your upper endoscopy (except for those medications listed above and any other medications your physician has instructed you to stop).

4) Please arrive at the GI office at 8:30 AM.

5) What to bring the day of the procedure(s):
a. Your insurance card.
b. Driver's license or government I.D.
c. A complete list of all your medications.
d. The first and last names and addresses of all the physicians you want to receive a copy of your procedure report.

6) Adhesive pads with sensors connected to wires will be applied to the chest and abdomen and you will be fitted with a belt containing a data recorder. You will then swallow the video capsule.

AFTER SWALLOWING THE CAPSULE:

1) Stay active for at least 4 hours after swallowing the capsule. Avoid strenuous physical activity especially if it involves sweating, bending or swooping.
2) Avoid going near electromagnetic fields, such as MRI machines or scanner.
3) Do not get the equipment wet.
4) Do not disconnect or attempt to remove the equipment.
5) Do not eat or drink anything for 2 hours.

7) After 2 hours: you may have clear liquids (water, clear fruit juices, Gatorade, soup, broth, tea or coffee without cream, popsicles, soda, Jell-O). Avoid red or purple colored liquids.
6) After 4 hours: you may have a light lunch (e.g. soup, sandwich)
7) Return to the GI office at 4 PM.
8) You may resume a normal diet after the exam is over.
9) You do NOT need to save the capsule. It is disposable and may be thrown away after the test.

SPECIAL CONDITIONS:

1) Diabetes: check with your physician regarding which medications you may take the day before and the morning of your procedure. In general, it is advised to stop any oral diabetes medications and insulin the morning of your procedure. Bring all diabetes medications with you to take after the procedure is over, when you have resumed a regular diet. Check your blood sugar the morning of the procedure prior to your visit.

For more information visit: [http://www.asge.org/PatientInfoIndex.aspx?id=390](http://www.asge.org/PatientInfoIndex.aspx?id=390)

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