

Division of Gastroenterology  
Green Spring Station Outpatient Center  
2360 W. Joppa Rd, Suite 206  
Lutherville, MD 21093  
**Kerrie Hendren, RN BSN**  
410-583-2614



## CAPSULE ENDOSCOPY PATIENT INSTRUCTIONS

1. **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.
2. **SMOKING:** Not allowed for 24 hours before your procedure.
3. **PREP:** 1 bottle of *Magnesium Citrate* or 119gm *Miralax* (purchased OTC) mixed with Gatorade or other non-carbonated clear liquid, around 8pm.
4. **WATER:** Until 10pm after taking the laxative. Nothing AT ALL after 10pm that until your appointment in the morning (usually 7:30am).
5. **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.
6. **SENSOR BELT:** Containing an antenna is comfortably fastened around your waist over a shirt of cotton material with the Recorder Pouch worn over the shoulder.
7. **ELECTRODES:** In the absence of the Sensor Belt, a series of electrodes will be attached to your chest and abdomen. Male Patients: Shave 6 inches above the navel and 6 inches below in a square. Wear loose comfortable clothing.
8. **REGISTRATION:** Register your visit at the front desk. You will be sent back to the GI Lab for the procedure. You may leave after swallowing the capsule. Recorder functions and dietary instructions will be reviewed with you. Return to the clinic after approximately 8 hours as directed by RN or earlier, if you pass the capsule with your bowel movement.
9. **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**.
10. **RESTRICTIONS:** No magnetic fields, airport security or MRIs. No strenuous physician activity or exercise. Computer and cell phones okay.