

Welcome!



Out-Patient CAPSULE ENDOSCOPY Instructions

WHAT IS CAPSULE ENDOSCOPY?

Capsule endoscopy is a procedure that uses a small, wireless camera to take pictures of your digestive tract. The camera is inside a small capsule that you swallow. As the capsule travels through your digestive tract, the camera takes pictures that are transmitted to a recorder worn on a belt around your waist.



DIET

The day before: Eat a light breakfast and then clear liquids the rest of the day. See list of allowed liquids below.

Do not eat or drink anything after 10 p.m. the night before your procedure.

MEDICINES

You may take your medications 2 hours prior to your procedure.

- Drink a bottle of Magnesium Citrate or Miralax 117 gm bottle mixed with Gatorade or other non-carbonated liquid, around 8 p.m. the night before your procedure. Magnesium Citrate and Miralax can be purchased at your pharmacy without a prescription.

HOW TO PREPARE

- Refrain from smoking for 24 hours before your procedure.
- If your abdomen has hair, please shave an area 6 inches above and 6 inches below the navel in a square.
- Wear loose-fitting clothes.

WHAT TO EXPECT DURING THE PROCEDURE

- A series of electrodes will be attached on your chest and abdomen.
- The electrodes will be connected to a data recorder and worn on your waist with a belt.
- Once the recorder is connected and ready, you will swallow the camera capsule.
- Dietary instructions will be given to you after swallowing the capsule.
- You can leave after swallowing the capsule.
- You can resume most daily activities after the capsule ingestion.
- Return to the clinic in 8 hours after ingesting the capsule, unless the capsule passes earlier.
- If you have any questions, please call the phone number listed on the attached appointment letter.

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IMPORTANT

Clear Liquid Diet – You May Have the Following

- Water
- Clear beef or chicken broth
- Soda
- Clear Gelatin (Jell-O) (without fruit)



- Apple juice or cider
- Prune juice
- Grape juice
- Cranberry juice
- Tang

- Hawaiian Punch
- Lemonade
- Kool-Aid
- Tea and Coffee (no milk or cream added)



- Popsicles (without fruit, cream or chocolate)
- Italian Ice

These Items are NOT Allowed

- Milk
- Cream
- Milkshakes
- Smoothies



- Ice Cream
- Sherbet
- Tomato juice
- Orange juice



- Grapefruit juice
- Any soup other than chicken or beef broth



- Oatmeal
- Cream of Wheat

INFORMATION