



INSTRUCTIONS for CAPSULE ENDOSCOPY

PRE-CAPSULE ENDOSCOPY INSTRUCTIONS:

- If you take an iron supplement or a multi-vitamin containing iron stop taking four (4) full days prior to the test. Do not take any starting on:

Date:

DAY BEFORE CAPSULE ENDOSCOPY:

1. At 7:00am, start a clear liquid diet (see list below). Nothing to drink after 10:00pm except for necessary medications to be taken with a sip of water.
2. No smoking for 24 hours prior to the capsule endoscopy.
3. Can NOT have a MRI for 30 days after the VCE
4. Other instructions: _____

CLEAR LIQUIDS INCLUDE:

- Strained fruit juices without pulp, apple, white grape and lemonade
- Water
- Clear fat free broth or bouillon
- Coffee or tea without milk or dairy creamer
- Gatorade, Soft drinks, Kool-aid, Crystal Light
- Jell-O without added fruit or toppings
- Ice Popsicles

DO NOT DRINK RED, BLUE OR PURPLE LIQUIDS

DAY OF PROCEDURE

1. Arrive at the Javier Road, Suite # 300. Wear loose fitting clothing.
2. A belt will be placed around your abdomen, which will be connected to the data recorder. After this, you will be instructed to ingest the capsule.
3. **Seizure** and **Cardiac** medications may be taken at least **2 hours prior** to ingestion of the capsule. Also, if you have been advised to take **Reglan**, you may take it at that time (**2 hours prior**).
4. After the capsule is ingested you will be expected to return to the Endoscopy Center to have the data recorder removed between 3:45-4:00pm.

MyGANV.com