

DHS Digestive Health Services

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Capsule Endoscopy Instructions

The day before your Capsule Endoscopy

1. Clear liquid diet between 12:00 noon and 8:00 pm.
Examples: Gatorade, apple juice, chicken or beef broth, jello, etc.
AVOID ANYTHING RED!
2. At 5:00pm drink entire bottle of magnesium citrate. Please get the lemon-lime flavor, not cherry.
3. Full fast (nothing to eat or drink) starting at 8:00 pm except for your pills with sips of water.
4. Special Instructions: No iron supplements or iron containing supplements 5 days prior to the procedure.

The day of your Capsule Endoscopy

1. At 6:00 am take 1 Reglan pill (10mg prescription pill; generic name is metoclopramide) with a sip of water.
2. Nothing to eat or drink including your medications. You will be instructed at the office when you can take your medications.
3. Please arrive at our office at **8 AM** on _____.
4. Please dress in loose fitting, two piece clothing, wear pants (preferably not jeans) and a loose fitting shirt. No lotion, powder, or oil on the abdomen.
5. The transmitter belt will be worn around your waist.

Summary of Small Bowel Capsul Endoscopy: You will need to be here by 8am to ingest the pill cam. You will also be wearing a battery pack along with the transmitter belt. 2 hours after taking the capsule, you will be able to have clear liquids. Then, at noon, you will be able to eat a normal lunch and take your medications at that time. Also, you will need to return to the office 8 hours later.

****Please allow 10-15 minutes for the morning appointment.****

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