

CAPSULE ENDOSCOPY:

YOUR PROCEDURE IS SCHEDULED ON:

DATE: _____ TIME: _____

RETURN YOUR RECORDING DEVICE ON:

DATE: _____ TIME: _____

CAPSULE ENDOSCOPY PREPARATION

FIVE DAYS BEFORE EXAM:

1. Discontinue Iron Supplements.

ONE DAY BEFORE EXAM:

1. You may have a normal breakfast. Beginning at 12 noon, drink only clear liquids. **Clear liquids include Gatorade, PowerAde, water, clear fruit juices, clear sodas, bouillon, chicken broth, Jell-O, Popsicles, plain black coffee, and tea. No solid food is allowed. Do not drink milk, or dairy products. Do not use creamer. Red, purple and green jello should be avoided. Similarly colored beverages should not be consumed.**
2. At **4:00 pm**, drink one (1) bottle of Magnesium Citrate (10 oz.). Do not use the red colored magnesium citrate
3. At **7:00 p.m.** mix the 238-gram bottle of Miralax in 64-ounces (8 glasses) of Gatorade, water, or Crystal Lite. Shake the solution until the Miralax is dissolved. Drink an eight-ounce glasses every 15 -20 minutes until the solution is gone.
4. Drink an additional 32-ounces of any clear liquid over the next one to two hours.
5. Take only ½ of your normal amount of insulin and/or oral medication for control of diabetes. If you have brittle diabetes, or an insulin pump, you will need to speak to Dr. Gottesman.

DAY OF THE EXAM:

- 1.** Take any medication for blood pressure, heart disease, or seizures **AT LEAST 2 HOURS BEFORE** your test or two hours after the test has started.
- 2.** Diabetics- Oral medication for diabetes, and all injectible medication for diabetes such as insulin and Victoza **should NOT be taken until 4 hours after the capsule is swallowed.** Take ½ your usual dose diabetes medication on the day of the exam.
- 3.** Wear loose comfortable two piece clothing and undergarments. Men should shave their abdomen if you are hairy. **No Lotions or powders** should be applied to the chest and abdominal area the day of the exam. During the exam sticky pads with sensors and wires will be placed on your abdomen. You will then swallow the capsule camera, and be fitted with a belt containing a recorder that you will wear throughout the day.
- 4.** While wearing the recorder do not attempt to go through airport security. Also, do not get the equipment wet. This is a computer, and should be treated accordingly. Do not engage in vigorous activity, or work out while wearing the recorder
- 5.** You must return to the office at the schedule time listed below to have the sensors and recorder removed. **Do not attempt to remove the equipment yourself.**
- 6.** You will be able to drink liquids two hours after swallowing the capsule and have a light lunch (sandwich) four hours after swallowing the capsule.
- 7. Avoid MRI Machines during the procedure and until after the capsule passes. If you have an MRI scheduled within the next 14 days it should be postponed, until the capsule passes.**