Capsule Endoscopy Preparation Instructions

3 DAYS BEFORE YOUR CAPSULE ENDOSCOPY:
• Discontinue iron supplements.

1 DAY BEFORE YOUR CAPSULE ENDOSCOPY:
• You can have a normal breakfast and lunch.
• After lunch at 1pm, begin a clear liquid diet (NO red or purple liquids).
• Stop drinking all liquids (this includes water) at midnight.

<table>
<thead>
<tr>
<th>Clear Liquid:</th>
<th>Not Clear Liquid:</th>
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<tr>
<td>• Gatorade, Pedialyte or Powerade Clear Broth or Bouillon</td>
<td>• No red or purple items of any kind No alcohol</td>
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<tr>
<td>• Coffee or Tea (No Milk or Non-Dairy Creamer)</td>
<td>• No milk or non dairy creamers No noodles or vegetables in soup No juice with pulp</td>
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<td>• Carbonated and Non-Carbonated Soft Drinks</td>
<td>• No liquid you cannot see through</td>
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<tr>
<td>• Kool-Aid or Other Fruit-Flavored Drinks Strained Fruit Juices (No pulp)</td>
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<td>• Jell-O, Popsicles, Hard Candy</td>
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THE DAY OF YOUR CAPSULE ENDOSCOPY:
• Nothing to drink (this includes water)
• No medications the morning of the capsule endoscopy. Our staff will discuss your medication schedule and any additional instructions with you when you arrive.
• Bring your insurance card, license and co-pay.
• Take Reglan Pill (this was called into your pharmacy) 1 hour prior to the appointment time.
• Do not use lotions or creams on your abdomen or lower chest.
• Please arrive dressed in loose fitting, two-piece clothing. If possible, wear a top with buttons that open in the front.

WHEN YOU ARRIVE FOR YOUR CAPSULE ENDOSCOPY:
• Bring your insurance card, license and co-pay.
• Our staff will place a belt with sensors across your abdomen and give you the capsule pill to swallow.
• When you leave your exam…
• You may drive yourself home after the procedure. Plan to return back to our office in 8 hours for our staff to remove the equipment. The capsule should pass within 48 hours and does not need to be retrieved.