



## Capsule Endoscopy Prep

### STEP 1: THE DAY BEFORE YOUR PROCEDURE

- Have a normal breakfast and then begin to drink clear liquids only.
- **Nothing to drink after 10:00pm. Please take all your normal medications.**

### STEP 2: THE MORNING OF YOUR PROCEDURE

- Please wear comfortable, loose, two-piece clothing. Button up shirt is preferred.
- You may have clear liquids and take medications 2 hours after swallowing the capsule.
- You may have a light meal 6 hours after swallowing the capsule.
- Record the time on your event form of any event such as eating, drinking, activity and unusual sensations.
- Do not lift, stoop or bend during the procedure. Avoid strenuous activity that may make you sweat.
- While you are wearing the data recorder you will need to verify periodically (every 30 minutes) that the blue light on the top of the data recorder is blinking twice per second. If it stopped blinking or changes color, record the time on your event form and call our office at **(561) 622-6111**.
- After ingesting the capsule and until it is excreted, you should not be near any electromagnetic fields, such as an MRI device or amateur (ham) radio.
- Treat the PillCam recorder carefully. Avoid sudden movements and banging of the recorder.
- You may or may NOT see the pill excreted.
- We will not need the pill after it is excreted. It is ok to flush it down the toilet.
- If you are not sure that the capsule has passed out of your body and you develop unexplained nausea, abdominal pain or vomiting, contact us immediately.

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**\*\*\* IF YOU ARE DIABETIC TAKE NO ORAL DRUGS THE DAY BEFORE AND THE MORNING OF YOUR PROCEDURE. IF YOU TAKE INSULIN TAKE ½ DOSE OF INSULIN THE DAY BEFORE THE TEST AND NONE THE DAY OF TEST.\*\*\***

**IF YOU ARE ON BLOOD THINNERS PLEASE ASK YOUR PHYSICIAN ABOUT STOPPING THEM**