



GASTROENTEROLOGY
CENTER of NEW YORK

CAPSULE ENDOSCOPY PREPARATION

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**YOU ARE SCHEDULED TO HAVE A CAPSULE ENDOSCOPY ON \_\_\_\_\_**

**YOUR ARRIVAL TIME IS \_\_\_\_\_**

### **PURCHASE AT THE PHARMACY:**

1. One (1) bottle of Magnesium Citrate

### **MEDICATIONS:**

|                              |                                                                              |
|------------------------------|------------------------------------------------------------------------------|
| <b>7 DAYS PRIOR TO EXAM:</b> | <b>Stop IRON or multivitamins</b>                                            |
| <b>1 DAY PRIOR TO EXAM:</b>  | <b>If you use insulin; give yourself ½ the units the night prior to exam</b> |
| <b>MORNING OF EXAM:</b>      | <b>Hold oral diabetic medications (i.e. Metformin, Glucophage, etc.)</b>     |
|                              | <b>Do not take any insulin</b>                                               |

### **ONE DAY PRIOR TO CAPSULE ENDOSCOPY:**

1. **You are allowed to eat your regular breakfast and lunch.**
2. **Starting after 4:00 PM - NO SOLID FOOD! ONLY CLEAR LIQUIDS FOR THE REST OF DAY!**  
 (Examples of clear liquids: *apple juice, white grape juice, broth of any kind, ices (that melt into clear liquids), coffee/tea (no milk), Jell-o, clear juice/soda (no red/purple)*. **PLEASE AVOID RED/PURPLE COLORS. NO ALCOHOLIC BEVERAGES**)
3. **At 8:00 PM – Please drink one (1) bottle of Magnesium Citrate Solution.**
4. Remain close to toilet facilities.
5. You may not have a bowel movement or many bowel movements immediately after taking the solution. This does not mean the preparation is not working.
6. Nothing to eat or drink **AFTER MIDNIGHT** the night prior to the procedure.
7. **PLEASE CALL THE OFFICE AT (718) 332-3100 IF YOU HAVE ANY QUESTIONS.**



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### DAY OF CAPSULE ENDOSCOPY:

- Wear loose, comfortable 2-piece clothing. Avoid belts, dresses, pantyhose, or anything else restrictive around your waist.
- Arrive at the office at your scheduled time.
- After meeting with the nurse and doctor, the recording computer will be attached to you along with a belt wrapped around your lower chest. You will then swallow the capsule with a glass of water.
- Once the capsule is swallowed, specific instructions on diet and care of recording equipment will be given to you.
- A general guideline to the diet is as follows:
  - **0-2 hours after swallowing capsule: Do not eat or drink.**
  - **2 hours after swallowing capsule: Clear liquids and medications.**
  - **4 hours after swallowing capsule: Light snacks.**
  - **6 hours after swallowing capsule: Regular diet.**
- The capsule endoscopy will last 6 to 8 hours. You will be allowed to leave, drive, and go about your daily activities (with some exceptions).
- You may remove the equipment after 8 hours.
- Return the equipment to the GI office and resume regular diet and activities.
- Please do not chew gum or smoke until after the procedure.
- If for any reason you need to cancel your procedure, you must call at least 48 hours in advance to allow other patients to be scheduled for procedures. Cancellation fees may apply if you do not call to cancel and do not show for your procedure.
- PLEASE CALL THE OFFICE AT (718) 332-3100 IF YOU HAVE ANY QUESTIONS.