

## Wireless Capsule Endoscopy Prep Instructions

Please read these instructions thoroughly to ensure a successful preparation for your procedure.

Make sure to let your doctor know if you:

- You have ever had a small bowel blockage
- You have a cardiac pacemaker or defibrillator
- You have any difficulty swallowing
- Have a slow emptying stomach
- Have an allergy to tape or adhesive
- You are taking iron

### Capsule Prep

1. Dulcolox tablets
2. Reglan or Erythromycin

If you have questions, call the office or answering service

**Prep Instructions** - Please read line by line to ensure a successful preparation

Day before your capsule procedure - Date: \_\_\_\_\_

- You may have a normal breakfast and lunch.

No solid food after 1 :00 PM.

- Take only clear liquids after 1 :00 PM. (See *Clear Liquids Diet* on the right.) At a minimum drink fluids as outlined below:

Time	Instructions
5:00 PM	Drink a minimum of 8 oz of clear liquid
6:00 PM	Drink a minimum of 8 oz of clear liquid
7:00 PM	Drink a minimum of 8 oz of clear liquid <i>and</i> take 2 tablets or Dulcolox 5 mg
8:00 PM	Drink a minimum of 8 oz of clear liquid
9:00 PM	Drink a minimum of 8 oz of clear liquid

### Clear Liquids Diet

- Gatorade/crystal lite are preferred
- Clear fruit juices, white grape juice and apple juice
- Keel-Aid or PowerAde
- Clear soup, broth or
- Hard candies
- Soda pop
- Jell-O or popsicles *am*
- Nothing red or purple
- Nothing alcoholic

- You may continue on your clear liquid diet until 12:00 MIDNIGHT then nothing until instructed.
- If you are on diabetic medications, you will need specific instructions. Call your doctors' medical assistant if you did not receive any instructions.
- 1 hour before you are scheduled to have your procedure, take the following with a small amount of water *only if a box is checked*:
  - D 1 Reglan tablet
  - D 1 Erythromycin tablet
- Do not take any medications the morning of the test, except the tablet of Reglan or Erythromycin, if ordered. You may take your morning medications four hours after you swallow the capsule.
- No iron supplements five days prior to the capsule endoscopy.
- *Only if a box is checked*, shave areas of upper and lower abdomen due to adhesive sensors will be placed on abdomen for the duration of the procedure. See diagram on attached sheet of the areas where the sensors will be placed.

## General Information

- Wear loose fitting clothing that is 2 pieces.
- Please shower before the test to remove any oils and lotions from the abdomen and do not apply lotions or oils to the abdominal area the day of the test.
- You will need to return to the same office at the end of the day to return the belt.
- It takes approximately 1-2 weeks for the results of the test. Please do not call the office for results.
- After the belt is removed you may resume normal activities, to include eating.
- Any questions after the procedure is completed should be directed to your ordering doctor or their medical assistant.