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**Small Bowel Capsule Endoscopy – Diet Instructions**

**IMPORTANT:**

1. STOP iron tablets 1 week before your procedure

\_\_\_\_\_\_\_\_\_\_\_\_\_ **PREP**: If checked, please purchase 8.3oz bottle of Miralax. Take 1/2 of the prep and follow the instructions.

**REMEMBER:**

1. Do not smoke the day of your procedure.

**THE EVENING BEFORE PROCEDURE:**

1. For dinner, you are to have only **CLEAR LIQUIDS** only with **NO RED OR PURPLE DYE**.
   1. Clear liquids include:
      * Juices without pulp
      * Water
      * Broth
      * Black Coffee (no creamer)
      * Black Tea
      * Gatorade
      * Jello-O
      * Soda
      * Popsicles (lemon, lime)
2. Do not have solid foods, milk, or milk products.
3. If instructed by your physician, take Miralax prep after dinner by 9:00 PM.
4. Nothing to eat or drink after 10:00 PM.

**THE DAY OF THE PROCEDURE:**

1. You may not eat anything including gum and hard candy.
2. Do not take any medications starting 2 hours before having the exam.
3. You may brush your teeth.
4. Wear upper garment of thin, natural fiber such as a t-shirt that is long enough to reach at least hip level and will not ride up above the belt.

**Patient Instructions for Capsule Endoscopy**

* 9:00 AM
  + After ingesting the capsule, do not eat or drink for at least 2 hours.
* 11:00 AM
  + You may begin clear liquids (bouillon, soda, popsicles, etc.).
  + Resume medication as long as it is not an iron supplement.
* 1:00 PM
  + You may have a light snack (1/2 of a sandwich or cup of soup)
* 3:00 PM
  + You may resume normal eating
* 4:00 PM
  + **RETURN TO THE OFFICE**
* Contact our office immediately if you suffer from any abdominal pain, nausea, or vomiting.
* You should not be near any source of powerful electromagnetic fields such as MRI devices or amateur (ham) radio until AFTER the capsule is excreted. If you cannot positively verify the excretion of the capsule, you should contact our office for evaluation and possible x-ray before undergoing an MRI examination.
  + Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity.
* Capsule endoscopy lasts approximately 8 hours and you will return to our office for the removal of the equipment. Do not disconnect the equipment or remove the belt yourself unless instructed otherwise by our staff. Avoid sudden movements and banging of the data recorder.
* Verify that the small blue light on the top of the data recorder is blinking **EVERY 15 MINUTES**. It should blink twice per second. If it stops blinking at the rate, record the time and contact our office.
* Record the time and nature of any event such as eating, drinking, your activity, and unusual sensations. Return the ‘Event Form’ with your notes when you return to the office.
* Avoid any strenuous activity, especially if it involves sweating.
* Do not bend over or stoop during capsule endoscopy.