

# PREPARATION FOR CAPSULE ENDOSCOPY PROCEDURE

*One week prior to the procedure do not take any Iron Products*

## THE DAY BEFORE THE PROCEDURE

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- Abstain from smoking 12 hours prior to undergoing the procedure
- **After lunch (no later than noon) start a clear liquid diet**
  - (water, clear broth, Jell-O (NO RED), coffee/tea (NO MILK), ginger ale, lemonade etc.)
  - Please drink plenty of liquids
- At **7pm** drink a bottle of Magnesium Citrate that you have picked up from your local drug store.
- Stop all clear liquids after 10pm including water
- Medications can be taken with a small amount of water in the evening

## THE DAY OF THE PROCEDURE

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- Do not apply any lotion or creams to the abdominal area
- Wear loose fitting, two piece clothing for the procedure
- Do not take any medication in the morning before you arrive at the office
- After **2 hours** of ingesting the capsule you may have water.
- It is important to keep moving during the procedure so please make sure to walk around throughout the day, especially during the first 2 hours
- After **2 hours** you can take your medication
- After **4 hours** you will be able to have a LIGHT LUNCH or snack – **Nothing Red**
- Do not disconnect any of the equipment during the 8 hour period
- Avoid any strenuous physical activity, especially if it involves sweating

## Important Things to Know

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- No MRI for 2 weeks following the procedure
- Contact our office immediately if you experience abdominal pain, nausea, or vomiting

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