

You are scheduled for a capsule endoscopy procedure on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Please arrive at the North Tower at 6:50 a.m. You do not need a driver.**

Diet to begin the day before your test:

1. You may have a light breakfast before 10:00 a.m. of toast, eggs, cereal, milk, coffee, juice. No meat.
2. After 10:00 a.m., do not eat any solids and begin a clear liquid diet. With that you many have any liquid that is clear. **Examples:** weak tea, Sprite, Crystal Light Apple Drink, Lemonade, Popsicles, Bouillon, White Grape Juice, Jello-O

**Please DO NOT drink any liquids containing RED DYE as it takes on the appearance of blood in the intestine. Examples: Cherry popsicles /Jell-O/Kool-Aid.**

Please refrain from dark colas, as they make it difficult to see your small intestines during the test.

1. Do not drink anything after 10:00 pm the night before your test.
2. Abstain from smoking 24 hours prior to the exam as nicotine may constrict bleeding vessels resulting in a false negative test.
3. At 5:00 p.m. the day before the procedure: take 1 capful of Miralax mixed in 8 oz. of clear liquid x7 for 7 total doses.
4. Wear loose two-piece clothing. You will not be able to remove your clothing during the exam. Your shirt needs to button or zip down the front. Ladies do not wear dresses or one-piece outfits.
5. If you are taking multi-vitamins with iron or iron supplements, please stop 7-10 days before the exam, as these mimic dark blood in the intestines.
6. Diabetic medications or blood pressure medications should be taken at 5:00 a.m. if usually taken in the morning.
7. Patients with pacemakers or internal defibrillators should make the physician/nurse aware.
8. If you suffer from difficulty swallowing pills, please make the physician/nurse aware.
9. Please inform the physician/nurse if you have ever had gastric bypass surgery or a history of intestinal surgery for blockages.
10. After swallowing the capsule, the nurse at the hospital will give you further instructions. You will return to the hospital 8 hours after taking the capsule to remove the equipment.