

# Capsule Endoscopy Instructions

**Read all instructions carefully at least one week prior to your procedure.**

**Your procedure is scheduled:**

**Date:** \_\_\_\_\_

**Location:** LMH Health  
330 Arkansas Street, West Entrance  
Check in at Admissions

**Arrival time:** \_\_\_\_\_

## Pre-procedure phone call:

A nurse from the Endoscopy Center will call you prior to your procedure to review your medical history, medications and allergies. Please return calls to the Endoscopy nurse at 785-505-4866.

## Five days prior to capsule endoscopy:

Stop taking any iron supplements and multivitamins containing iron.

## Day before capsule endoscopy:

You may eat a light breakfast and/or a light lunch before noon. **At noon, begin a clear liquid diet.** Do not drink any alcohol, or consume any solid or creamed/pureed foods.

## Acceptable clear liquid diet options:

- Water
- Black coffee (no cream/sugar)
- Tea
- Sports drinks
- Clear soda (7-up, Sprite, ginger ale)
- Popsicles
- Jello
- Broth (no noodles)
- Apple or white grape juice (without pulp)

**At 8 p.m.,** drink a 10 oz. bottle of magnesium citrate **and** take one 80 mg. tablet of simethicone (Gas-X, Mylicon or Flatulex).

**Do not** eat or drink anything after 11 p.m. the night before your procedure (this includes candy and gum) except any necessary medications, which may be taken with a small sip of water.

## Day of capsule endoscopy:

**Do not** take any medications for two hours prior to your arrival time.

Wear a thin, 100% cotton upper garment, such as a t-shirt. A sensor belt will be placed around your waist on the outside of your clothing.

**After swallowing the capsule, notify your doctor's office immediately if you suffer from any abdominal pain, nausea or vomiting during the procedure.**