



Digestive Specialists, Inc.
 Digestive Endoscopy Center, LLC
 www.digestivespecialists.com

Wireless Capsule Endoscopy Prep Instructions

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

If you have the following you cannot have the procedure:

- **Heart Loop monitor**
- **Defibrillator**
- **Spinal Cord Stimulator**

Please let your doctor know if you:

- Ever had a **Small Bowel Blockage**
- Any **Difficulty Swallowing**
- Have a **Slow Emptying** stomach
- Take Iron

Capsule Prep
 1. Milk of Magnesia
 – 1 bottle

Date _____ Time of Arrival _____

- Sugarcreek Twsp** 4340 Clyo Road, Suite 200
- Dayton** 1530 Needmore Road, Suite 101
- Huber Heights** 5697 Shull Road
- Springboro** 77 W. Eleanor Drive

If you have questions, call the Medical Assistant, _____ at _____.
 After 5:00 PM or on weekends, call (937) 534-7330 to page your doctor.

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 4 Tablespoons of Milk of Magnesia

Clear Liquids Diet

- *Gatorade is preferred*
- Clear fruit juices, white grape juice and apple juice
- Kool-Aid or PowerAde
- Clear soup, broth or bouillon
- Water
- Tea or coffee - *No cream*
- Hard candies
- Soda pop
- Jell-O or popsicles
- Nothing red or purple
- Nothing alcoholic

8:00 PM Drink a minimum of 8 oz of clear liquid

9:00 PM Drink a minimum of 8 oz of clear liquid

- 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 doctor's 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*:
 - 1 Reglan tablet
 - 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.

General Information

- Wear loose fitting clothing that is 2 pieces.
- 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.
- 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.