

## **Patient instructions for Capsule Endoscopy**

A capsule endoscopy is done by swallowing a pill size camera. It takes pictures of your small bowel and helps your provider identify any abnormalities. The capsule will be excreted naturally during a bowel movement.

It is very important to follow the instructions as outlined:

### **One week prior:**

- Stop taking Iron pills
- Stop taking vitamin pills
- Stop fiber supplements such as Metamucil, Citrucel and so forth.

### **One day prior:**

- Diabetic patients please contact your primary physician to adjust insulin dosage as needed.
- After lunch the day before the procedure, **start clear liquid diet** (no red or purple liquids).
- Clear liquids include soft drinks, strained fruit juices without pulp, water, tea, coffee (no milk or non-dairy creamer), chicken or beef bouillon or broth, hard candies, Jell-O, and popsicles.
- **Do not eat or drink** except for necessary medication with a sip of water, 10 hours before your capsule endoscopy.
- Abstain from smoking 24 hours prior to undergoing the procedure.

### **The day of the procedure:**

- **Do not take any medications** 2 hours before your appointment.
- **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.
- Arrive for your appointment at the scheduled time.