

INSTRUCTIONS FOR CAPSULE ENDOSCOPY

5-7- days before the procedure: Do not take any iron medications or multivitamins with iron.

The day before the procedure: You may eat a light breakfast and lunch.

After lunch you need to be on a clear liquid diet until **10:00pm**. Clear liquids consist of water, tea, coffee (without cream or milk), soda, clear juices (apple, cranberry, or white grape), broth, bouillon, popsicles and Jell-O. No liquids with red, purple, or blue coloring.

After 10:00pm the day before the procedure: Do not eat or drink anything.

The day of the procedure: If you currently take blood pressure and/or cardiac medication in the morning, go ahead and take it early the morning of the procedure with just enough water to get it down. Resume the rest of your medication after the procedure is complete.

Two hours after the insertion of capsule: You may have clear liquids.

Four hours after the insertion of capsule: You may have a light meal.

You will need to return to the hospital 7 ½ hours after the procedure.

YOU WILL NOT BE SEDATED FOR THE PROCEDURE AND MAY DRIVE YOURSELF TO AND FROM THE APPOINTMENT.