

# GASTROENTEROLOGY CENTER

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VALLEY VIEW

## Capsule Endoscopy Preparation Instructions

If you have any of the following:

- Automatic Implantable Cardioverter Defibrillator (AICD)
- Pacemaker
- Any history or difficulty swallowing
- Bowel obstruction
- Radiation to the abdomen or gastric bypass

Please call our office first and have your implant information ready 1-970-384-7510

### 7 days prior to your procedure

- Please do not take iron supplements for 1 week prior to your test.
- Please avoid narcotics for 3 days prior to your test.

### The day prior to your procedure

- You may have a small low-fat breakfast.
- **Beginning at 1pm** drink only clear liquids. **NO MORE SOLID FOODS FROM THIS POINT ON**
- If you cannot see through the liquid, it is not considered clear.
- Please do not drink red fluids or eat red jello.
- Do NOT drink alcohol on the day before your procedure or the day of the procedure.
- Do NOT drink anything after midnight.

### The day of your procedure

- **On the day of your procedure, take your medications with a sip of water before 0600 AM.** Do not take supplements/ Vitamins.
- Wear a light cotton T-shirt under a loose-fitting button or zip up top.
- Bring a complete list of your medications with you to your appointment at The Gastroenterology Clinic (TGC).

### After your procedure

- Avoid touching the recording device and keep the device on at all times during the test
- Keep device out of direct sun light
- After swallowing the capsule, do NOT eat or drink anything for 2 hours
- After 2 hours have passed, you can have a clear liquid diet. Time: \_\_\_\_\_
- After 4 hours have passed, you can have a light lunch. Time: \_\_\_\_\_

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- After 8 hours have passed please return your recorder and sensor belt to the GI clinic.

## **After you return the recorder and belt**

- You can resume normal activities and return to a normal diet
- Check your stool over the next 7 days to look for the capsule. It is disposable and should be flushed with your stool if you see it. You do NOT need to save the capsule.

\*\*\*\*\*Once you swallow the pill and after it is excreted from your body you should not be near magnetic resonance imaging (MRI) machine or schedule an MRI procedure for 30 days.