



Bowel Prep Instructions for Capsule Endoscopy

YOUR CAPSULE ENDOSCOPY IS SCHEDULED AT _____

DAY: _____ DATE: _____

ARRIVAL TIME: _____ AM/PM Follow-up Appt: DAY: _____

DATE: _____ TIME: _____

CAPSULE ENDOSCOPY:

Capsule endoscopy is a procedure used to record internal images of the gastrointestinal tract for use in medical diagnosis.

You will need to purchase 1 - 10oz bottles of Magnesium Citrate at any pharmacy. These items will not be furnished by our office.

PREP INSTRUCTIONS Do not take your iron pills for 3 days prior to your procedure. _____ The day before your procedure,

- ALL DAY LIQUID DIET (see attached)
- 6 PM Drink 1 10oz. bottle of Magnesium Citrate (NO RED FLAVORS)

8 HOURS PRIOR TO YOUR PROCEDURE NOTHING TO EAT OR DRINK INCLUDING GUM AND NO SMOKING OR SMOKELESS TOBACCO OR YOUR PROCEDURE WILL BE RESCHEDULED.

If you take blood pressure, heart or breathing medications, you may take these with a small sip of water 2 hours before your arrival time for your procedure.

If you develop symptoms like SEVERE ABDOMINAL PAIN, FEVER, RECTAL BLEEDING OR VOMITING BLOOD after you procedure and you cannot reach the office, you will need to go the EMERGENCY ROOM AT UNIVERSITY MEDICAL CENTER ONLY. If you live outside of Lubbock, please go to your nearest Emergency Room.

If you have any questions please contact our office at 806-696-4440. RESULTS ARE NOT GIVEN OVER THE PHONE

CLEAR LIQUID DIET GUIDELINES

*****NO LIQUIDS CONTAINING RED DYES*****

- BEEF OR CHICKEN BOUILLION SOUP
- APPLE JUICE
- WHITE GRAPE JUICE
- WHITE CRANBERRY JUICE
- JELLO OR POPSICLES (NO CHERRY/STRAWBERRY/RASBERRY)
- GATORADE (BLUE/GREEN/PINK)
- COFFEE (NO CREAMER)
- SODAS (SPRITE/MOUTAIN DEW/7UP)
- WATER
- FLAVORED WATER
- ICED OR HOT TEA