

## Patient Instructions for PillCam Small Bowel Capsule Endoscopy with the Sensor Belt

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(856)374-5822

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_ Time: 7:45 Office: \_\_\_\_\_

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To ensure the best results for your PillCam capsule endoscopy of the small bowel, follow your doctor's instructions carefully and completely.

### **STOP IRON PILLS 5 DAYS PRIOR TO TEST**

#### **Day before Capsule Endoscopy**

1. You may have clear liquids only the day before the test (follow diet provided)
2. At 10:00pm take 2 Gas X tablets along with Miralax 17gms (1 cap full) mixed into 6-8 oz. of clear liquid.
3. Nothing to eat or drink after drinking the Miralax solution.

#### **Day of Capsule Endoscopy**

1. At 5:00 am take 2 Gas X tablets along with Miralax 17gms (1 cap full) mixed into 6-8 oz. of clear liquids.
2. At 7:00 am take 1 Reglan 10mg with a small sip of water. RX sent to pharmacy
3. Hold all other medications morning of procedure. You may take your medications after capsule has been swallowed.
4. You may resume clear liquids at 10:00 the day of the procedure
5. You may have a light lunch at 12:00 – 12:30 day of the procedure.
6. Please return to the office at 4:45 to have the equipment removed

Items needed: 1 Reglan 10mg pill (RX), 4 Gas X tablets, Miralax (small bottle)

## FOODS OR DRINKS ALLOWED

GATORADE

ICED TEA

WATER

HOT COFFEE or TEA

GRAPE JUICE (WHITE ONLY)

APPLE JUICE (NOT CIDER)

CRANBERRY JUICE (WHITE ONLY)

CLEAR CHICKEN OR BEEF BROTH

BOUILLON CUBES

JELLO

POPSICLES

NON COLA SODA

HARD CANDIES

SUGAR

SWEET N LOW, ETC

HONEY

POWDERED NON DAIRY CREAMER

## FOODS OR DRINKS NOT ALLOWED

NO RED, PURPLE OR ORANGE DYE PRODUCTS

MILK OR MILK DRINKS

DAIRY PRODUCTS

ORANGE OR CITRUS JUICE

ALCOHOLIC BEVERAGES

**NO SOLID FOOD!**

