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## CAPSULE ENDOSCOPY PREPERATION

### The Day Before Your Test:

- You can eat a **regular breakfast**.
- After breakfast, switch to a **clear liquid diet** for the rest of the day (see the attached menu).
- *Do not drink red or purple liquids.*
- At **6:00 PM**, drink **one bottle of Magnesium Citrate** (you can buy this at any pharmacy).

### On the Day of Your Test:

- Arrive at the office in **Suite 209** at your scheduled time.
- **Wear loose-fitting pants** and a **comfortable cotton t-shirt**.
- It will take about **30 minutes to get ready**, and the procedure will run for about **8 hours**.
- You **can leave the office** while the test is happening, but you must **return the next day** to return the equipment.
- You can start drinking **clear liquids 2 hours after swallowing the capsule**.
- You can eat a **light meal 4 hours after swallowing the capsule**.

You may resume your regular diet and prescription medications after the exam has been completed.

**DO NOT TAKE IRON SUPPLEMENTS FOR 1 WEEK PRIOR TO THE EXAM DATE, INCLUDING MULTIVIAMINS.**

**DO NOT USE ANY ANTACIDS 24 HOURS BEFORE THE EXAM: TUMS, MAALOX, MYLANTA; CARAFATE OR PEPTO BISMOL.**

**PLEASE ABSTAIN FROM SMOKING 24 HOURS BEFORE THE EXAM.**