



CAPSULE ENDOSCOPY PREPERATION

On the day before the test:

- You may eat a regular breakfast
 - After breakfast, start a clear liquid diet (see attached menu) No red or purple liquids
 - At 6 P.M. you need to drink one bottle of Mag-Citrate which is available over the counter
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On the day of the test:

Arrive at the office, Suite 209 at:

- Please wear loose fitting pants and a comfortable cotton tee shirt.
- It will take ½ hour to prepare for the exam and 8 hours to perform the exam. You will have the ability to leave the office while the exam is taking place, but you will need to return to the office to drop off the equipment the following day.
- You may have clear liquids 2 hours after swallowing the capsule and during the remainder of the exam.
- You may eat a light meal 4 hours after swallowing the capsule.

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

DO NOT TAKE IRON SUPPLEMENTS FOR 1-WEEK PRIOR TO THE EXAM DATE, INCLUDING NO MULTIVIAMINS.

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

PLEASE ABSTAIN FROM SMOKING 24 HOURS PRIOR TO EXAM.